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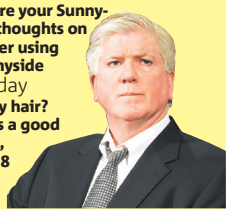
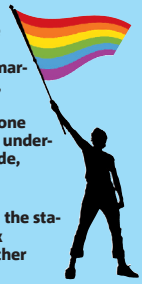
- Today
- Grey hair? That's a good thing, page 8



SameSex Marriage

With pride weeks now underway across the country, Metro Canada is taking a look at the state of same-sex marriages across North America.

- Today
- We introduce you to couples hoping to get married in the U.S., page 17
- The math on one man's evolving understanding of pride, page 22
- Tomorrow
- An update on the status of same-sex marriages in other countries.



IranCrisis

Metro Canada is keeping you up to date with everything you need to know about the evolving crisis in Iran.

- Today
- Unrest flares up again in Iran, page 16
- Ayatollah orders end to protests, page 16
- Women taking centre stage, page 16

On metronews.ca
- Look back on how events have unfolded with stories, photos and video in our ongoing Unrest in Iran section

City workers strike **Problems piling up**

FRANK GUNN/THE CANADIAN PRESS

Striking City of Toronto worker Elliott Davis assists residents by piling garbage they have dropped off at Commissioner's Road transfer station in Toronto yesterday. The city workers strike is now entering its fourth day.

Budding drug hub

UN pegs Canada as big producer for ecstasy trade

The United Nations' drug czar is urging Canada to take action on a UN report that identifies Canadian gangs as the leading suppliers of ecstasy in North America and increasingly proficient producers of methamphetamine for markets around the world.

FILE PHOTO/THE CANADIAN PRESS

"Canada has emerged an important hub for ecstasy and amphetamines," Antonio Maria Costa told a news conference yesterday in the U.S. capital as he released the agency's 2009 World Drug Report.

Costa said the lucrative underground industry of manufacturing amphetamines has migrated north to Canada since both the U.S. and Mexico banned the chemical precursors used to make the drugs.

The UN report found that since 2003-2004, "Canada has emerged as the primary source of ecstasy-group substances for North American markets, and increasingly for other regions."

Before 2003, Europe was the leading producer of U.S.-bound ecstasy, or MDMA — a synthetic, psychoactive drug. But the Euro trade was effectively dismantled, the UN report says, and "Canadian intelligence reports indicate that Canada-based drug trafficking organizations are attempting to fill the supply void, and have drastically increased their ecstasy production." THE CANADIAN PRESS

Cheers! LCBO reaches deal with workers

STRIKE Ontario's government-run liquor stores and unionized employees have reached a tentative deal, averting a strike during the peak summer sales period.

The deal comes after negotiators from both sides pushed past a midnight deadline. The key negotiating issue for the union was fighting for the rights of casual workers. The union has said those employees don't receive vacation, sick time or benefits, and can be called in to work as little as two hours at a time.

A source close to the talks says terms of the deal include benefits for casual workers and more full-time jobs.

THE CANADIAN PRESS

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Message for hikers
The sister of a hiker missing for two weeks on Mount Washington, New Hampshire, is asking other hikers to keep an eye out for any sign of him. Jenny Shimono of Toronto also urges hikers to sign in at the Pinkham Notch base camp and to at least tell others where they plan to hike if they go alone. THE ASSOCIATED PRESS

Local

Young offender charged with sex assault

A 14-year-old boy has been charged with sexually assaulting three women in the Humber Valley and Kingsway neighbourhoods over the last two months. He has been charged with three counts of sexual assault and one count of criminal harassment. His name cannot be released, under the provisions of the Youth Criminal Justice Act. TORSTAR NEWS SERVICE

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Tomorrow's Metro TV

Metro speaks with Mr. Dianna Krall, Elvis Costello on his recent variety show

metronews.ca

WHAT'S ONLINE TODAY

Video Rodney MacDonald gives some parting words as he steps down as Nova Scotia premier, at **metronews.ca/canada**

Video Toronto Fire Services provides further details on the falling death of an elevator repairman, at **metronews.ca/canada**

Lotteries

Results not available at time of printing.

News in brief

WATER Seven Toronto beaches are temporarily losing their Blue Flag status, which recognizes water safety, services and environmental management, because of the city workers' strike. Beaches are certified under the international program based on criteria including washroom facilities on site, frequent garbage collection and weekly water quality tests, all of which have been interrupted by the strike. TORSTAR NEWS SERVICES

ADRIEN VECZAN/TORSTAR NEWS SERVICE

Illegally dumped garbage at the Unwin Dump during the third day of the city employees' strike.

It could be long

Make serious progress on a deal by this weekend, or settle in for a long, bitter strike.

That's the outlook from both sides of the dispute between the City of Toronto and the Canadian Union of Public Employees, who walked off the job Sunday.

Nobody has threatened yet to walk away from the table, but both sides say this weekend could be a make-or-break point.

And the risk of a prolonged strike walkout escalated yesterday when Premier Dalton McGuinty discouraged the idea of legislating an end to it.

As the walkout enters its fourth day today, the city will announce 19 new drop-off locations for residential garbage, mostly arena and parking lots in parks. In 2002, 12 locations were used, including Moss Park, York Mills Arena and North York Centennial Centre.

Hot and humid weather is forecast through the weekend and garbage is piling up, but the city's medical officer of health says it's not a concern yet.

"A well-managed temporary garbage site, even if it's a large one, does not necessarily create a health hazard," Dr. David McKeown said yesterday. "It may be unattractive and cause odours, but this will not cause human disease.

Public health managers are monitoring conditions and will issue cleanup orders if warranted.

"Our members are staying strong."
Pat Daley, CUPE

Meanwhile, city officials say 132 striking workers, a tiny percentage of the 30,000 on strike, have applied to return to work.

CUPE spokesperson Pat Daley said, in any strike, some people will cross the picket lines. "You still have more than 29,000 people who haven't crossed. Our members are staying strong," Daley said.

While talks continue, a union insider said the pace is glacial.

While an injunction could ease delays, it could sour the atmosphere at the bargaining table.

Strike leaders insisted yesterday they want to bargain a settlement. TORSTAR NEWS SERVICE

Premier McGuinty says be patient with strike

QUEEN'S PARK Premier Dalton McGuinty urged patience in the three-day-old civic workers' strike, saying yesterday he, like many others, is being inconvenienced by the strike.

But he added it's important both sides in the labour dispute get the opportunity to speak.

"So they're not going to pick up my garbage this week, so it looks, at this point in time," McGuinty said. "I will be inconvenienced as will many here in the City of Toronto, but I think it's important that we hold our fire and allow the two sides to do what needs doing."

The good news, McGuinty said, is that both sides are at the negotiating table. THE CANADIAN PRESS

Sorry, 'babies'

City gets another apology — or something like that

Toronto is getting its second apology from a politician in two weeks after Economic Development and Trade Minister Sandra Pupatello suggested the city's residents weren't handling a garbage strike as well people in her Windsor riding.

Sandra Pupatello

"Earlier today I made an off-the-cuff remark comparing the 10-week-old strike affecting garbage pickup in my hometown of Windsor with the current strike in Toronto," Pupatello said in a statement.

"I apologize for my comment. In both communities, people and businesses are being inconvenienced."

"I urge both sides, in Windsor and Toronto, to keep working at the negotiating table to resolve their issues quickly."

Pupatello said earlier yesterday people in her city seemed to be coping better with their weeks-old garbage strike, and back-to-work legislation hasn't yet been considered.

"We've not been approached at home by either the city or CUPE, frankly, to do this, and I think that the residents of Windsor are actually coping very well and they're being extremely patient," Pupatello said.

In an off-the-cuff remark after leaving the podium, she later jokingly referred to Toronto residents as "babies." THE CANADIAN PRESS

Cops won't cut picket line waits

STRIKE Things moved more smoothly on the picket lines yesterday, including those at two transfer stations, but the city and its striking unions have yet to agree on how long pedestrians or motorists should wait to pass through.

"We do see quite a bit of variation in terms of the wait times," Geoff Rathbone, general manager of solid waste, said at yesterday's afternoon briefing. "However, just over the last several hours, for example, we've made significant progress at the Dufferin transfer station and good progress at the Scarborough transfer station, so we're quite pleased with that."

"They're there to keep the peace."
Const. Tony Vella

Despite complaints from residents and businesses about long waits — especially at transfer stations or to enter city hall's underground parking garage — the city has not sought a court injunction to restrict strikers from hindering passage. At city hall, people are being asked to wait between two to five minutes to enter, and sometimes exit, the building.

Toronto Police won't be helping motorists or pedestrians cross picket lines.

"They're there to keep the peace," Const. Tony Vella said of officers earlier this week. "They have to stay neutral. Their job is to ensure public safety."

Vella said officers would act if somebody breaks the law: "If there are two people yelling at each other, then they will intervene to make sure it doesn't escalate." TORSTAR NEWS SERVICE

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Didn't sink in the first time

Just 10 days after being pulled over for erratic driving and cutting off a police officer on the highway, a 16-year-old boy was busted a second time for nearly crashing into cars and pedestrians in a Vaughan subdivision, police said. In the second incident, he was charged with dangerous driving, a more serious offence. TORSTAR NEWS SERVICE

Rescuer plunges to his death

A 43-year-old repairman trying to help free eight people trapped in a skyscraper's elevator fell more than 20 floors down a shaft to his death yesterday.

Seven employees of prominent law firm McCarthy Tetrault and a messenger from Parss Courier became trapped in an express elevator below the 44th floor in the TD Bank Tower, in the city's financial hub, around 8:30 a.m.

The passengers called security and a repairman from the Otis Elevator Co. was sent to the scene, said Lorne Buckingham, a division commander for Toronto Fire Services.

Buckingham said the man somehow fell down the elevator shaft and died, but it's not known exactly how far he plunged. Another fire official said they believe he fell from between the 29th and 20th floors to the bottom of the shaft.

Otis identified the man as Andrew Hill, 43, who lived in Toronto and had worked for the company for nine years. The company would not release any further personal details, but CTV reported that he had five children.

The first stop for the express elevator is the 44th floor. Officials believe the elevator was stuck around the 42nd floor for about five hours. The stranded passengers were finally freed around 2 p.m., and were given some water and were checked out by paramedics.

McCarthy Tetrault, which occupies floors 44 to 53 in the building, urged their seven stranded employees to go home, said company spokesman Daryl Cruz. THE CANADIAN PRESS

RICHARD LAUTENS/TORSTAR NEWS SERVICE

EMS personnel are seen leaving the building following the release of the trapped passengers.

News in brief

SENTENCE A Toronto man who tried to drive nearly 90 kilograms of ecstasy into the United States has been sentenced to 7 ½ years in prison. U.S. District Judge George Steeh sentenced Joseph Bennett of Toronto to 90 months in prison. Bennett pleaded guilty March 9 to charges of importing ecstasy and possession with intent to deliver. Authorities say Bennett was arrested last year at the Blue Water Bridge in Port Huron. U.S. Customs and Border Protection estimated the street value of the pills seized at $6.5 million US or more. THE ASSOCIATED PRESS

Caplan keeps portfolio in minor cabinet shuffle

POLITICS Less than a year after splitting Ontario's Economic Development and Trade ministries to better focus on the economy, Premier Dalton McGuinty reunited the ministries for the same reason yesterday in a minor cabinet shuffle.

Sandra Pupatello spent the past nine months travelling the world as economic development minister, trying to drum up business for Ontario, and now it's time to bring her back to head a reunited ministry with trade and small business, McGuinty told reporters.

McGuinty angered the opposition parties by failing to remove David Caplan as health minister as part of the shuffle, something the Conservatives and New Democrats have been demanding for weeks because of a spending scandal at eHealth Ontario.

David Caplan

As for the shuffle, McGuinty did not promote or demote anyone from the cabinet table and simply realigned several ministries. THE CANADIAN PRESS

Another flu death in Ontario

HEALTH Ontario has confirmed another death associated with the influenza A (H1N1) virus, bringing the known national total to 21.

A 68-year-old man from Durham Region, east of Toronto, tested positive for the virus, also known as swine flu.

On Tuesday, local health officials confirmed that a 17-year-old boy from the Ottawa region and a 52-year old woman from eastern Ontario had also tested positive. Yesterday, the province said it's not clear what role the flu played in those three fatalities.

Flu Outbreak

THE CANADIAN PRESS

MORE COVERAGE, PG 13

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Apartment invaded in Milton

Two men burst into a Milton apartment early yesterday morning looking for drugs, but left with a small amount of money and some electronics after holding a resident at gun point, police say. TORSTAR NEWS SERVICE

Scrolls get royal treatment

Multiple direct flights used to carry ancient texts from Israel to Toronto

When the Dead Sea Scrolls travel, they're treated like royalty – first class seats, restrictions on how many can be on the same plane, and no touching. And fittingly so.

"These are the oldest key texts underlying the great traditions of Judaism, Christianity and Islam," Royal Ontario Museum chief executive William Thorsell said yesterday at a preview of an exhibit of the scrolls at the museum.

The show opens Saturday, featuring eight fragments of the 2,000-year-old scrolls, including the oldest known copies of the Hebrew Bible, or Old Testament, a founding sacred text of the world's three major religions.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Chad Stauber and Eva Mroczek look at jar similar to the ones found with Dead Sea Scrolls during a media preview of an exhibit at the Royal Ontario Museum.

Hidden in caves along the Dead Sea just as biblical Israel was crushed by the Romans, only to resurface 60 years ago as modern Israel was established, the scrolls are revered in the Jewish state as proof of a historic claim to the land.

As such, getting them out of Israel is a massive undertaking.

"They're Israel's greatest treasures," says Julian Siggers, vice-president of programs at the ROM.

Only first-class seats are big enough to accommodate the scrolls' steel travel cases, Siggers says, and there's much less traffic in the high-priced seats, so less chance of passengers jostling them. And only direct flights are allowed, to lessen the chances of a mishap.

The cargo hold is out of the question. The scrolls' required environmental conditions are very strict, and they can never be out of eyesight of the three or more officials from the Israel Antiquities Authority who travel with them.

Like royalty, often required to travel separately to ensure the line of succession is not wiped out in one tragic event, the scrolls travel in small groups on separate flights.

"They came in more than one flight, but I'm not at liberty to say how many," says Siggers, who cautions there are some security measures that just can't be discussed.

Given how important the scrolls are to the faiths of more than half the world's people and the state of Israel, Siggers says it is "incredibly generous" of the IAA to let them out of the country at all, so does not mind the strict conditions.

TORSTAR NEWS SERVICE

Strike makes keeping cool a bit tougher

HEAT As a teenage girl might say: Not cool.

Because the city workers' strike forced the closure of several buildings usually designated "emergency cooling centres" on scorching summer days, the city yesterday told the overheated to chill at one of seven alternate facilities.

The downtown temperature reached a one-hour average high of 30.1 degrees Celsius, with a humidex reading of 34. The city issued an extreme heat alert.

But that warning is primarily intended to protect seniors, young children and others at high risk for heat-related illness. The middle-aged and healthy appeared unimpressed.

"I went to Abu Dhabi, Dubai and Qatar, and the temperature was 50, 55, and I survived. Here, it gets to 30 and they start panicking," scoffed Lebanon native Ziad Abou-Chacra, 58.

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Striking steel workers heading back to work

Employees at National Steel Car in Hamilton will be heading back to work after voting in favour of the company's latest contract offer. Workers accepted the deal after gaining seniority rights and some protection against the contracting out of their work. THE CANADIAN PRESS

Toronto 18 man not psychopath: Expert

The only member of the so-called Toronto 18 who has pleaded guilty to taking part in the group's domestic terrorist plot is not a psychopath, court heard yesterday.

While Saad Khalid displays some narcissistic traits he is also a bright young man with no history of mental illness, substance abuse, or any "full-blown" psychiatric disorder, Dr. Lisa Ramshaw of the Centre for Addiction and Mental Health told Khali's sentencing hearing.

Khalid, 22, showed little emotion yesterday as Ramshaw, a forensic psychologist called by Khalid's defence team, delivered her assessment of the man's psychological makeup.

"He's a bright young man ... he has an extremely supportive family who are in daily contact with him."
Dr. Lisa Ramshaw

Khalid's narcissistic traits include an "underlying grandiosity," but he did not score particularly high on a test that measured psychopathic tendencies, she said.

Ramshaw told Khalid's lawyer, Russell Silverstein, that while his client no longer agrees with terrorism, Khalid also said his disavowal "depends on how you define terrorism."

She said Khalid now wants to bring about change in a "constructive" way.

"He has the capacity for that. He's a bright young man... he has an extremely supportive family who are in daily contact with him," said Ramshaw.

THE CANADIAN PRESS

Ontario's adoption records are now open.

visit www.ontario.ca/adoptioninfo

Effective June 1, 2009, Ontario's adoption records are open. This means that adopted adults and birth parents can apply for post-adoption birth information from birth records and adoption orders.

An adopted adult, 18 years of age or older, can now apply for a copy of his or her original birth registration and adoption order. A birth parent can receive information from the birth registration and adoption order of the child that was placed for adoption once that child turns 19 years old.

If you want your identifying information kept private, and if the adoption order was made before September 1, 2008, adopted adults and birth parents can file a disclosure veto.

To learn more about your right to information and privacy regarding adoption,
visit www.ontario.ca/adoptioninfo or call 1-800-461-2156 (TTY 416-325-3408).

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Ontario

Grey hair a shield against cancer?

SunnySide

RESEARCH A Japanese study suggests the greying process of hair may provide cancer protection.

The research says that with age, potentially dangerous colour-producing stem cells called melanocytes die off in hair follicles. There is increased DNA damage in these cells as people get older, but grey hair means the melanocytes have gone and so can't pass on cancer-causing mutations.

Brian Burke

"If there is any validity to this, it's great news," said 53-year-old Brian Burke, the salt-and-peppery thatched Toronto Maple Leafs general manager. "The folks at Grecian Formula may not be too happy. I'm just happy to have this much hair at my age."

Dr. David Fisher, director of the melanoma program at Massachusetts General Hospital, Harvard Medical School, believes the findings from the Tokyo Medical and Dental University team (published June 21 issue of New Scientist magazine) show possibilities for future cancer treatments.

TORSTAR NEWS SERVICE

News in brief

SENTENCE The family of a young plumbing apprentice attacked with a knife as he rode the subway home from work is expressing outrage at his killer's sentence. Ontario Superior Court Justice Eugene Ewaschuk called the slaying a random, unprovoked attack on an unarmed stranger. But in sentencing John Paul Vallon to 10 years — less four years, four months for pre-trial credit — the judge noted that he has no criminal record and a good work history.

TORSTAR NEWS SERVICE

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Quebec to invest $6M for riverside park extension

Quebec Premier Jean Charest announced yesterday an investment of $6 million to extend the Promenade Samuel-de-Champlain, on the banks of the St. Lawrence River in Quebec City. The new work will add a three kilometre footpath to the riverside park in the provincial capital. THE CANADIAN PRESS

Canada

No custody for parents: Psychologist

The parents of a child who was sent to school with white supremacist symbols written in permanent marker on her body are not ready to regain custody of the girl and her brother, a psychologist testified yesterday. The mother has the emotional age of an "out-of-control 14-year-old," while the father fighting for custody seems to be acting more on principle than for the welfare of his children, the examining psychologist told the Winnipeg custody hearing. THE CANADIAN PRESS

Mom cleared of abandonment

Woman gave birth, left baby in store washroom

A Saskatchewan woman who gave birth in a Wal-Mart washroom and left the newborn in a toilet has been found not guilty of abandoning the baby.

April Halkett, 22, wept silently and dabbed at her eyes with a tissue after Court of Queen's Bench Justice Neil Gabrielson ruled the Crown did not prove beyond a reasonable doubt that she had planned to leave the newborn behind.

"This was not a case of abandonment but rather a case of a scared young woman being confronted with unexpected circumstances involving a precipitous birth and a pale, motionless child because the child was in a shock-like state," the judge said yesterday. "However negligent her actions may have been, they were not criminal in nature."

"However negligent her actions may have been, they were not criminal in nature."
Justice Neil Gabrielson

It was May 2007 when Halkett felt sick while visiting the Wal-Mart in Prince Albert, Sask.

Halkett testified that the little boy was blue, not moving and "didn't look alive" when he emerged from the womb.

THE CANADIAN PRESS

GEOFF HOWE/THE CANADIAN PRESS

April Halkett, who gave birth in a Wal-Mart washroom in May 2007, leaves court with a supporter in Prince Albert, Sask., yesterday after the verdict in her child abandonment trial.

Former governor general Romeo LeBlanc dies at 81

POLITICS Romeo LeBlanc, the first Acadian to be appointed governor general of Canada and a central figure in the Liberal Party for more than two decades, has died after a lengthy illness. He was 81.

Born in the tiny farming community of Memramcook in New Brunswick, LeBlanc became an important player in the federal Liberal Party. He served as press secretary to former Liberal prime ministers Lester Pearson and Pierre Trudeau, before being elected as a New Brunswick MP in 1972.

He was also instrumental in establishing Canada's 200-mile offshore economic zone and helped shape the International Law of the Sea.

Romeo LeBlanc

LeBlanc became a senator in 1984, was appointed speaker of the Senate in 1993 and became governor general in 1995.

THE CANADIAN PRESS

News in brief

DZIEKANSKI Polish prosecutors considering charges against the four RCMP officers involved in Robert Dziekanski's death should use the Mounties' controversial testimony at a public inquiry as evidence, says a lawyer representing Dziekanski's mother. The testimony would be off-limits to Canadian courts.

THE CANADIAN PRESS

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Giant grow-op shut down in B.C. Interior

A marijuana grow-operation capable of producing 20,000 mature plants every year, has been shut down by the RCMP in the B.C. Interior near Barriere, 420 kilometres northeast of Vancouver. THE CANADIAN PRESS

Quebec feted with gift of land

The federal government has accepted Quebec's demands to cede the lands adjacent to its National Assembly to the province.

Prime Minister Stephen Harper made the announcement yesterday while in the provincial capital for Fête nationale celebrations.

Harper noted all provinces own the lands alongside their legislative assemblies, except Quebec.

After Harper's speech, Intergovernmental Affairs Minister Josée Verner said federal bureaucrats had been given the order to prepare the paperwork for the land transfer.

Statues of former premiers and a monumental fountain stand on the grounds in front of the National Assembly.

In May, assembly members unanimously passed a motion calling on Ottawa to cede the lands to the province. THE CANADIAN PRESS

JACQUES BOISSINOT, THE CANADIAN PRESS

Prime Minister Stephen Harper points to Alexandre Ouellet's Canadiens T-shirt as he serves a piece of Quebec fleur-de-lis cake at Fête nationale celebrations in Quebec City yesterday.

MacDonald quits as Nova Scotia Tory chief

POLITICS Rodney MacDonald's climb to power as leader of the Nova Scotia Conservatives may have come as a surprise to many political observers back in 2006. But his resignation as party leader yesterday held little drama.

The move followed strong hints from MacDonald himself that it was "time to open a new chapter" following his minority government's resounding defeat by the New Democrats in the June 9 provincial election.

The final result, which saw the Tories reduced to third party status with only 10 seats in the 52-seat legislature, essentially sealed his fate as leader.

MacDonald made the official announcement at the party's weekly caucus meeting in Halifax.

"I thoroughly enjoyed my time as leader, but it is time to move on to the next leader," he said. THE CANADIAN PRESS

DARRYL DYCK, THE CANADIAN PRESS

Anti-Olympic activist Cara Fisher speaks to reporters near the 2010 Winter Olympic Games countdown clock yesterday.

Games threats

OPPOSITION Olympic opponents are threatening legal action if the 2010 security unit doesn't stop harassment.

Members of the Olympic Resistance Network complained a few weeks ago about police stopping them on public transit, talking to their neighbours and calling their parents. They say it hasn't stopped.

They've sent a formal letter to the 2010 Olympic security unit, led by the RCMP, demanding it cease.

Activist Cara Fisher said she got a phone call from police asking for a meeting, which she declined.

Plainclothes officers then visited her neighbours and a local diner, asking how to find her, she said. THE CANADIAN PRESS

News in brief

SURVIVOR A cyclist struck by a tractor-trailer unit clung to its front bumper to avoid being pulled under the tires and run over. Police in Brandon, Man., say the 19-year-old woman held on tightly as she was dragged a considerable distance. Pedestrians eventually managed to get the semi driver's attention by yelling and waving their arms for him to stop. THE CANADIAN PRESS

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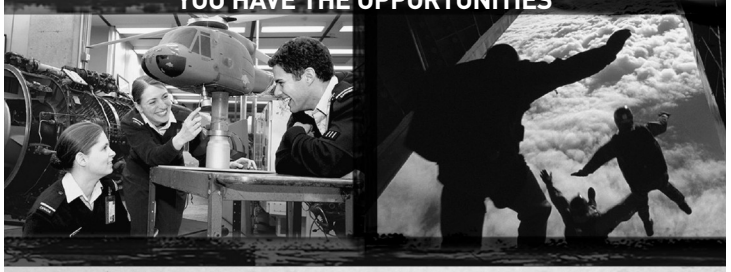

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Boy missing for a day found at a friend's house
Police in London, Ont., have found a 10-year-old boy who had been reported missing on Tuesday afternoon. Jamal Athumani was found at a friend's residence and is said to be fine. THE CANADIAN PRESS

Troops' stress out of shadows

Military starts awareness campaign today

The Canadian military will launch a campaign today to bring the suffering of mental illness — particularly post-traumatic stress disorder — out of the shadows.

But just like the individuals who struggle to openly discuss what ails them, the Department of National Defence wrestled with whether the awareness campaign would be made public or aimed strictly at military personnel.

Notice of the long-planned event, at which members of the Forces will lay bare their struggles, only came out yesterday after intense internal discussion in the wake of last week's House of Commons defence committee report.

That report recommended military leadership publicly fight off the stigma that exists among soldiers over post-traumatic stress.

The campaign message that it's "all right to hurt" won't be difficult for Gen. Walter Natynczyk to deliver.

His concern for the well-being of the soldiers, sailors and aircrew who've put themselves in harm's way is well known.

But as an organization built on toughness, the Canadian Forces has previously grappled with conceding the frailties of human beings.

Outside organizations such as the Canadian Mental Health Association and the Mental Health Commission of Canada will be among the pillars of the campaign aimed at a "better sharing of ideas" on stress disorders, said a defence insider.

It's expected more resources will be set aside to further expand the number of Joint Personnel Support Units, which allow soldiers to seek one-stop service for injuries.

National Defence said it's committed to expanding and enriching programs aimed at preventing, identifying and treating mental health issues.

THE CANADIAN PRESS

The Mendes file

- The launch of the awareness campaign occurs against the background of the ongoing military police investigation into the suspected suicide of Maj. Michelle Mendes in Afghanistan last April. Mendes, 30, of Wicklow, Ont., east of Toronto, was the third female soldier to die in Afghanistan.

ADRIAN WYLD/THE CANADIAN PRESS

Yavar Hameed, lawyer for Abousfian Abdelrazik, prepares to check in for a flight to Sudan at the airport in Ottawa yesterday.

Stranded Canuck heading home

EXILE The saga of a Canadian man stranded in Sudan could end this weekend.

One of Abousfian Abdelrazik's lawyers boarded a flight yesterday to bring his client home after six years in exile.

Abdelrazik and his lawyer, Yavar Hameed, are scheduled to land in Toronto on Saturday afternoon.

The Conservative government has said it will comply with a court order to let Abdelrazik return to Canada.

Federal Court Justice Russel Zinn ruled this month the government breached Abdelrazik's constitutional rights by refusing to give him a passport.

THE CANADIAN PRESS

Reserves hit hard, aboriginal leaders say

Flu **Outbreak**

EMERGENCY Manitoba aboriginal leaders have declared a state of emergency in their communities because of swine flu. And they want the federal and provincial governments to do the same thing.

Ron Evans, head of the Assembly of Manitoba Chiefs, says many Manitoba reserves are not adequately supplied to fight the virus.

Evans says aboriginals make up 10 per cent of Manitoba's population, but account for almost two-thirds of severe swine flu cases.

By declaring a state of emergency, reserves can now divert money from other programs to help fight the swine flu outbreak.THE CANADIAN PRESS

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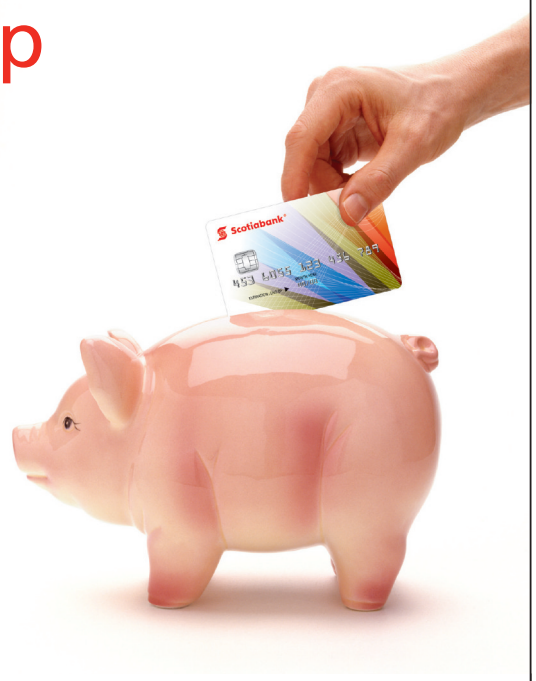

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Lindsay to receive MRI machine

It won't be long before residents in the Lindsay, Ont., area will be able to obtain an MRI closer to home. The province has approved the installation of a magnetic resonance imaging machine in the city's Ross Memorial Hospital. THE CANADIAN PRESS

Pipeline may get boost from U.S.

ENERGY Long questioned by Canadian environmentalists, a natural gas pipeline down the Mackenzie Valley may be getting a boost from American environmental efforts.

Low-carbon fuel initiatives being considered in the U.S. Congress have become a new way to keep the much-delayed project on the radar for legislators in Washington, said Northwest Territories Industry Minister Bob McLeod, in the U.S. capital for meetings on the $16-billion proposal. Some environmental organizations in Canada testified at regulatory hearings in 2006 that Arctic gas shouldn't be used. THE CANADIAN PRESS

Traffic law eyes armoured cars

GANG VIOLENCE Police in Alberta will soon be able to seize beefed-up armoured vehicles used by gang members if they believe they are a risk to traffic safety.

The provincial government has amended a traffic law effective July 1 to allow officers to request a safety inspection of the vehicles.

The law, which Justice Minister Allison Redford said is the first of its kind in the country, will put a dent in the ability of gangs to drive vehicles that are "equipped for battle."

"Gangs have been known to use armoured vehicles in their operations, mainly for protection from rival gangs," Redford said yesterday. "Since the risk of being shot is the cost of doing business, gangs are fortifying themselves, and we've seen that here in this city."

"Gangs have been known to use armoured vehicles in their operations, mainly for protection from rival gangs."
Justice Minister Allison Redford

Redford said the aim is to keep armoured vehicles away from gangs, even though the amendment actually focuses on the fact that such modes of transportation are unsafe to drive. The added weight needed to protect the vehicle from gunfire and even rocket-propelled grenades needs to be offset by changes to the engine, steering and brakes, she said, and such changes must be approved by the government. If a vehicle does not pass a safety inspection, its owner could be fined up to $2,000 and face six months in jail.

The law won't apply to armoured vehicles that are purchased that way from manufacturers.

THE CANADIAN PRESS

ROSIE GILLINGHAM/THE CANADIAN PRESS

Jeremy Power rear, Amanda Power's brother, sits in the back of the courtroom during the sentencing hearing for Warren White, foreground, in St. John's, yesterday. The brother says he's been living "one bad nightmare" since the horrific killing.

Sister's murder haunts brother

Victim's sibling gives impact statement

The brother of a Newfoundland woman who was strangled and dismembered by her boyfriend last year says he's been living "one bad nightmare" since the horrific killing.

Amanda Power's brother, Jeremy, gave a tearful victim impact statement yesterday at the sentencing hearing for Warren White, who has pleaded guilty in the woman's death.

Jeremy Power told the Newfoundland and Labrador Supreme Court that his sister's death continues to haunt him.

Power wept as he recalled the loving relationship he had with his sister, saying he can't help but feel guilty for not preventing her death.

White has pleaded guilty to second-degree murder and interfering with a dead body after Power's remains were found in June 2008.

Power's lower torso was found inside a suitcase by children who were playing in White's backyard.

The 29-year-old woman's upper torso was discovered in a hockey bag nearby and her head was wrapped in grocery bags inside White's freezer.

Her limbs were put into two backpacks and thrown into a river.

THE CANADIAN PRESS

Caledonia militia 'not helpful', McGuinty says

DISPUTED LAND Premier Dalton McGuinty says it's "not helpful at all" to have a militia in Caledonia where aboriginal protesters have occupied disputed land for more than three years.

He suggests the militia could cause problems for provincial police in the southwestern Ontario town, which has seen violent clashes between homeowners and protesters.

McGuinty says it's the OPP's responsibility to uphold the law and an overwhelming majority of Ontario residents think it's important to support them.

His comments come after two activists held a meeting Tuesday night to form a group called the Caledonia Peacekeepers.

Doug Fleming and Gary McHale say the group would protect homeowners from trespassers and use reasonable force if necessary. Fleming and McHale say they want the group to put pressure on police to enforce problems in the area occupied by aboriginal protesters.

THE CANADIAN PRESS

Meeting

- The meeting drew about 30 local residents and sparked a protest by about 70 demonstrators.

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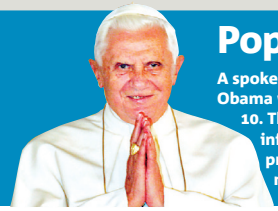
Gunmen convicted in murder of U.S. diplomat

A Sudanese court convicted five people yesterday in the slaying of an American diplomat last year and sentenced four of them to death. Gunmen firing from a car killed John Granville and his Sudanese driver on Jan. 1, 2008 in Khartoum, Sudan's capital. THE ASSOCIATED PRESS

World



Pope, Obama to meet July 10

A spokesman says Pope Benedict XVI, left, and U.S. President Barack Obama will hold a much-anticipated meeting in Vatican City on July 10. The Rev. Federico Lombardi said yesterday the Vatican has informed the White House that the Pope is available to meet the president that afternoon. The meeting will be at the end of Obama's stay in Italy for a G8 summit. THE ASSOCIATED PRESS

Unrest flares up again in Tehran

IranCrisis

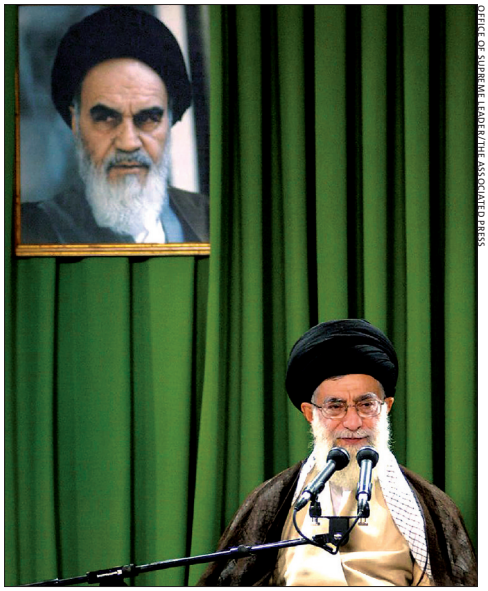
Riot police in Iran's capital fired tear gas and bullets in the air yesterday in clashes with protesters who converged on a square near the parliament building in defiance of government orders to halt demonstrations demanding a new presidential election, witnesses said.

Security forces — who vastly outnumbered the small group of demonstrators — beat the protesters gathered on Tehran's Baharestan Square with batons and fired tear gas canisters and rounds of ammunition into the air, witnesses said.

"There was a lot of police — riot police and Basiji everywhere," a 53-year-old housewife said, referring to Iran's volunteer militia corps. State-run Press TV said security forces dispersed the crowd of 200.

"A heavy presence of the police prevented violence in the area," it said, calling the gathering "an illegal rally."

Severe restrictions on reporters have made it almost impossible to independently verify reports on demonstrations, clashes and casualties. Iran has ordered journalists for international news agencies to stay in their offices.



Iranian supreme leader Ayatollah Ali Khamenei, under a picture of the late revolutionary founder Ayatollah Khomeini, during a meeting with Iranian parliamentarians yesterday.

PHOTO COURTESY PRESS TV/THE ASSOCIATED PRESS

Supreme leader Ayatollah Ali Khamenei's refusal earlier yesterday to bow to demands from protesters effectively closed the door to any compromise with the opposition.

Zahra Rahnavard, the wife of opposition leader Mir Hossein Mousavi, was defiant, saying protesters refused to buckle under a situation she compared to martial law. Mousavi's official website had said a protest was planned outside parliament. But the site distanced him from the action, calling it independent and saying it had not been organized by the reformist candidate.

Khamenei has ordered protests to end, leaving Mousavi with the choice of restraining followers or continuing to directly challenge the country's ultimate authority despite threats of escalating force.

Iran also said that it was considering downgrading ties with Britain, which it has directly accused of spying in recent days.

The government accused Britain of using spies to foment the protests and Iran expelled two British diplomats Tuesday. Prime Minister Gordon Brown announced that two Iranian diplomats were being sent home in retaliation.

State media have said at least 17 people have been killed in post-election unrest, including 10 protesters shot Saturday.

THE ASSOCIATED PRESS

Ayatollah orders end to protests

- Just a few weeks ago, they would have been virtually unthinkable acts of defiance in Iran: standing up to the supreme leader, ignoring his warnings to stay off the streets — then chanting for his death. But the opposition protests thrusting Iran into its worst unrest since the 1979 Islamic Revolution have broken the taboo against direct criticism of Ayatollah Ali Khamenei. Now some are talking about him as a casualty of the crisis — and wondering if the cleric's powerful office will survive after his eventual death. For two decades, Khamenei's word has been law in Iran. Yesterday, he vowed his government would not give in to pressure over the election, effectively closing the door to any compromise with the opposition. "On the current situation, I was insisting and will insist on implementation of the law," Khamenei said on state TV. "For sure, neither the system nor the people will give in to pressures at any price."

Women taking centre stage

IRAN For years, women's defiance in Iran came in carefully planned flashes of hair under their head scarves, brightly painted fingernails and trendy clothing that could be glimpsed under bulky coats and cloaks. But these acts of rebellion against the theocratic government have been eclipsed in the wake of the disputed June 12 presidential elections. In their place came images of Iranian women marching alongside men, of their scuffles with militiamen, of the sobering footage of a young woman named Neda, blood pouring from her mouth and nose minutes after her fatal shooting.

"Iranian women are very powerful and they want their freedom," said one woman in Tehran who said she's been taking part in the protests. She did not want to be named, fearing government retribution. "They're really, really repressed, and they need to talk about it."

THE ASSOCIATED PRESS

Obama to return U.S. ambassador to Syria

MIDDLE EAST U.S. President Barack Obama will return an ambassador to Syria, filling a post that has been vacant for four years and marking an acceleration of Washington's engagement with the Arab world.

The move reinforces Obama's determination, outlined in his Cairo speech earlier this month, to deepen America's role in the Middle East as he seeks to broker peace among Israel and its Arab neighbours and improve U.S. relations in the region.

American officials visited Damascus, the Syrian capital, at least twice this year as part of talks about bettering relations with a country shunned by former president George W. Bush. The U.S. withdrew its ambassador to Syria in 2005 to protest Syrian actions in neighbouring Lebanon.

THE ASSOCIATED PRESS

2005
The last time a U.S. ambassador was posted in Syria.

News in brief

MURDER An Iowa high school coach who helped launch several professional football careers was gunned down by a former player yesterday. Mark Becker, who was supposed to have been taken to a psychiatric ward after allegedly leading police on a high-speed chase Saturday, shot and killed Aplington-Parkersburg High School football coach Ed Thomas in the school's weight room. THE ASSOCIATED PRESS

Poland upset over being blamed for WWII by Russian TV show
The Polish government has sharply criticized a Russian TV program it said blames Poland in part for the Second World War's outbreak. THE ASSOCIATED PRESS

Faces of the U.S. marriage fight

Same Sex Marriage

GRAHAM WOOD
Metro World News

METRO WORLD NEWS

Jim, right, and Cheng, from New York City, are hoping New York state legalizes gay marriage so they can get married in front of their friends and family.

Sometimes people think gay couples want to get married just to say they did it and scoff in the faces of those who oppose their right to do so. But there's a unique story behind every gay couple. Metro introduces you to three very different couples with very different experiences:

NEW YORK Jim and Cheng — they did not want to use their last names — fell in love the first night they met to watch one of pop culture's most iconic love stories.

"Sex and the City, of course," Jim said. It's been a year since that night, and the couple wants to be married in front of friends and family. That may happen since New York will soon decide whether to legalize gay marriage. But if it does, there's one thing it won't grant.

Cheng is from Taiwan and in the U.S. on a visa, and the Defense of Marriage Act prohibits federal recognition of gay marriages.

BERKELEY, CALIF. Simma Lieberman and Sandra Michele Brown never understood the hoopla over gay marriage. They would go to partnership ceremonies for other gay couples, and it just didn't make sense to them.

"We thought it was just gay people trying to be accepted by the outside world," said Lieberman. But when Brown died of a heart attack at the age of 53, Lieberman didn't have any legal right over her body or her belongings, nor to say good-bye before she was cremated.

"I had to get permission from her brother to do all that," Lieberman said. "The crematorium had to get his verbal permission."

SAN FRANCISCO Frank McGinness' wedding ceremony wasn't quite what he had imagined. It was mid-2008, and San Francisco had just started issuing marriage licences to same-sex couples. Opposition to the move was building, and Proposition 8 — denying gays the right to marry in California — was going to be placed on the ballot in November.

"We thought we could wait for families and friends to be available to attend our marriage," McGinness said. "But we had (to rush) … in case Prop 8 passed." It turned out none of their family members were able to make it to their impromptu ceremony at San Francisco's City Hall.

News in brief

OBITUARY Dr. Jerri Nielsen FitzGerald, who diagnosed and treated her own breast cancer before a dramatic rescue from the South Pole, has died. She was 57. Her husband, Thomas FitzGerald, said she died Tuesday at their home in Southwick, Mass. Her cancer had been in remission until it returned in August 2005, he said yesterday. She was the only doctor among 41 staff at the South Pole Station in winter 1999.

HONDURAS The Honduran Congress is asking the Organization of American States to withdraw election observers sent to watch a referendum on constitutional reforms, arguing their presence legitimizes a vote declared illegal by the Supreme Court. The nonbinding referendum asks voters if they want a further, binding election on whether to call an assembly to write a new constitution. THE ASSOCIATED PRESS

Ireland set for second vote on EU reform treaty

REFERENDUM The Irish will vote again on the European Union's reform treaty in October, Prime Minister Brian Cowen announced yesterday, in what he called one of the greatest tests of Ireland's national will since its independence from Britain 77 years ago.

Cowen told lawmakers that legal guarantees secured for Ireland at an EU summit last week should help to win majority backing the second time around for the Lisbon Treaty, a blueprint for strengthening and reshaping the 27-nation union. Ireland's surprise rejection of the painstakingly negotiated document in 2008 threw years of EU diplomacy into doubt.

The EU's promises reaffirm Ireland's control over its military, tax and moral affairs, including its ban on abortion. Anti-EU campaigners fanning fears of losing power in all three areas helped to overpower Cowen's low-key "yes" campaign last year.

He said the second referendum would be held in early October.

THE ASSOCIATED PRESS

Referendum

- Ireland, alone among EU members, requires all treaties to be approved by national referendum. Elsewhere, ratification is left to each nation's elected leaders.

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Togo votes to ban death penalty

Lawmakers in Togo have unanimously voted to abolish the death penalty in the African country. The 81-member body passed the law late Tuesday. President Faure Gnassingbe must sign it into law. He is known to support the legislation and his signature is considered a formality. THE ASSOCIATED PRESS

North Korea warns U.S.

Asian nation prepares for maritime military exercises

North Korea accused Washington of seeking to "provoke a second Korean War" as the regime prepared to hold maritime military exercises off the eastern coast.

U.S. and regional authorities were watching closely for signs that North Korea might fire short- or mid-range missiles during the June 25 to July 10 timeframe cited in a no-sail ban for military drills sent to Japan's Coast Guard.

North Korea had warned previously it would fire a long-range missile as a response to U.N. Security Council condemnation of an April rocket launch seen as a cover for its ballistic missile technology.

An underground nuclear test last month drew more Security Council action: a resolution seeking to clamp down on North Korea's trading of banned arms and weapons-related material by requiring UN member states to request inspections of ships carrying suspected cargo.

In a first test of the new resolution, a North Korean ship suspected of transporting illicit weapons was sailing off China's coast with a U.S. destroyer close behind.

The Kang Nam, which left the North Korean port of Nampo a week ago, is believed bound for Myanmar, South Korean and U.S. officials said.

Myanmar state television downplayed the reports of a possible weapons shipment yesterday evening, saying another North Korean vessel was expected to pick up a load of rice but that the government had no information about the Kang Nam. THE ASSOCIATED PRESS

AHN YOUNG-JOON/THE ASSOCIATED PRESS

South Korean kindergartners stand under a monument memorializing the Korean War at the Korea War Memorial Museum in Seoul, South Korea, yesterday. South Korea will commemorate its Korean War Day today, to mark the 59th anniversary of the 1950-1953 war and to honour those killed.

Inspection of arms ship?

- The U.S. and its allies have not decided whether to contact and request inspection of a suspected North Korean arms ship that the U.S. is tracking, Pentagon press secretary Geoff Morrell said yesterday.

Sarkozy wants end to Israeli settlements

MEETING French President Nicolas Sarkozy called yesterday for an immediate halt to construction of Jewish settlements, standing firm in talks with Israeli Prime Minister Benjamin Netanyahu.

Netanyahu, speaking to journalists in the French presidential palace courtyard, pledged that no new settlements would be built — but suggested existing colonies would be allowed to develop.

Making his first European tour since taking office, Netanyahu arrived in Paris yesterday for talks with Sarkozy amid emerging differences between Israel and the United States over settlements. The U.S. says Israel must halt all Jewish settlement activity in the West Bank.

Sarkozy, who calls himself a friend of Israel but whose country has traditionally good relations with much of the Arab world, echoed the U.S. stance and urged faster action toward creating a Palestinian state. THE ASSOCIATED PRESS

Rome visit

- Israel Prime Minister Benjamin Netanyahu arrived from Rome, where he had been warmly and supportively welcomed by Italian Premier Silvio Berlusconi.

Governor admits to affair

SOUTH CAROLINA The governor of South Carolina, who caused a ruckus after he could not be located by staff, family and friends for days, said yesterday he has been having an affair and will resign as head of the Republican Governor's Association.

Gov. Mark Sanford, a married father and a rumoured 2012 presidential candidate, gave an emotional statement in which he apologized to his wife, staff and others after returning from a trip to Argentina that followed a days-long absence. THE ASSOCIATED PRESS

Sanford

At least 61 dead in bombing

BAGHDAD A bomb ripped through a crowded market in Baghdad's main Shiite district yesterday, killing at least 61 people and wounding more than 100 less than a week before a deadline for U.S. combat troops to leave Iraq's urban areas.

A series of blasts this week have killed more than 160 people, as U.S. and Iraqi officials warned they expected more violence before the U.S. withdrawal from cities.

American troops already have begun pulling back from the joint bases that they occupied with Iraqi security forces as part of a counterinsurgency strategy aimed at clearing volatile areas and holding them.

The recent spike in violence has raised new concern about the ability of Iraqi forces to protect the people. THE ASSOCIATED PRESS

News in brief

ARRESTS Tajikistan said yesterday that the alleged leader of a banned Islamic movement and dozens of followers have been arrested on charges of inciting religious hatred. The arrests reflect mounting concern over the persistent popularity of radical Islamic groups in this poor ex-Soviet nation, which shares a porous 1,300-kilometre border with Afghanistan. Security Service officers detained Mullo Sirodzhiddin, leader of the ultraconservative Salafiya movement. THE ASSOCIATED PRESS

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Storm getting weaker
Hurricane Andres has weakened to a tropical depression. THE ASSOCIATED PRESS

MUSADEQ SADEQ / THE ASSOCIATED PRESS

Capt. Christine Collins, of Miami, Ariz. dresses eight-year-old Razia before her departure from a U.S. military hospital in Bagram, Afghanistan, yesterday.

Burned Afghan girl goes home

A nurse fixed a black wig on Razia's scarred and disfigured scalp before the eight-year-old took off around the emergency room to bid farewell to the staff who cared for her after white phosphorous scorched her head, face, neck and hands.

When Razia came to the U.S. military hospital four months ago, Capt. Christine Collins didn't think she would make it out alive. The little Afghan girl yesterday left this military hospital for an arduous journey to her village, an 80-kilometre drive from Bagram Air Base.

"I am fine, I want to go home," Razia quietly told Collins and a group of other hospital staff who had come to see her off.

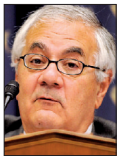
Razia was eager to see her mother — who awaited her at a cousin's house deep in the countryside still rife with insurgents. The two have not seen each other since shells ripped through their home on March 14 just after breakfast, killing two of Razia's sisters.

Razia's father, Abdul Aziz, blames international forces since U.S., French and Afghan troops gathered outside his home just before the shells were fired. U.S and NATO troops use white phosphorus to illuminate targets, create smoke screens and destroy old bunkers, but say they don't use it as a weapon.

THE ASSOCIATED PRESS

U.S. consumer agency won't get 'out of control: Official

WASHINGTON U.S. House Financial Services Chairman Barney Frank scoffed yesterday at assertions that a new consumer protection agency would morph into "some out of control entity."



Barney Frank

"There is no pattern of overregulation I can see in the consumer area, and I don't see one here," Frank, D-Mass., said at a hearing on the Obama administration's proposals to overhaul financial industry regulation in the wake of high-risk practices that led to the deep recession now underway.

The consumer agency is envisioned as a central component of President Barack Obama's broader plan to usher in a new era of regulations on financial institutions. Frank's panel is expected to take up the legislation in July, and is expected to enact it.

Frank and Democratic Sen. Christopher Dodd, chairman of the Senate Banking Committee, said they've promised Obama a bill by the end of the year.

THE ASSOCIATED PRESS

News in brief

INTEREST The U.S. Federal Reserve says the recession is easing, but the economy likely will remain weak and keep a lid on inflation. Against this backdrop, the Fed held a key bank lending rate at a record low of between zero and 0.25 per cent, and pledged again to keep it there for an extended period." Even though energy and other commodity prices have risen recently, the Fed predicted inflation will remain "subdued for some time."

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First Asset to buy Criterion mutual fund business

First Asset Capital Corp., a Toronto-based wealth management company, is buying the mutual fund business of Criterion Investments from VenGrowth Asset Management for an undisclosed sum. The deal is set to close July 31. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ford says more of its suppliers in trouble

AUTOS Ford Motor Co.'s top executive for auto parts purchasing said yesterday the number of the automaker's suppliers that are under distress, bankruptcy protection or under observation has more than doubled in the last year.

Tony Brown, Ford's vice-president for global purchasing, said more suppliers are in the category of being monitored as slumping auto sales force automakers to slow production and order fewer parts.

Ford will have 1,650 total suppliers at the end of 2009, compared with 2,198 at end of last year. Its goal is to eliminate short-term suppliers, with a target of 750 total suppliers. Ford purchases about $90 billion US in parts annually.

THE ASSOCIATED PRESS

Canada faces flat recovery

The industrial world, including Canada, is headed for a growthless recovery next year, says the Organization for Economic Co-operation and Development.

0.7%

The OECD's gloomy forecast for Canada's growth in 2010 — so low that even the U.S. tops it with 0.9 per cent.

In a new outlook that is a slight improvement over its March projection, the organization is in line with most forecasters in predicting the global recession will end late this year.

But it presents a more gloomy prospectus for next year, estimating growth in Canada at 0.7 per cent — so low that even the U.S. tops it with a modest 0.9 per cent advance. The broad consensus of economists see Canada growing at slightly above two per cent next year. The Bank of Canada has said growth will reach 2.5 per cent.

"The pace of contraction appears to be slowing, but recessionary conditions are expected to linger through the third quarter, with only a slow recovery thereafter," the OECD says.

"Unemployment is projected to keep rising until early 2010 and inflation pressures to stay muted."

THE CANADIAN PRESS

Citigroup **Big pay raises**

CRAIG RUTTLE/THE ASSOCIATED PRESS

Citigroup Inc. is increasing base salaries for many of its employees — reportedly by as much as 50 per cent for some workers — to get around new restrictions on bonus payments. Shifting the mix in compensation packages will allow Citi to pay most employees as much as they received in 2008 while adhering to bonus caps put in place because it received bailout loans.

Business in brief

MINING Toronto-based miner and energy producer Sherritt International said its three partners, Sumitomo, Korea Resources and SNC-Lavalin, have agreed to lend it its 40 per cent share of the remaining development costs for the Ambatovy nickel project in Madagascar. THE CANADIAN PRESS

Monsanto's profit falls

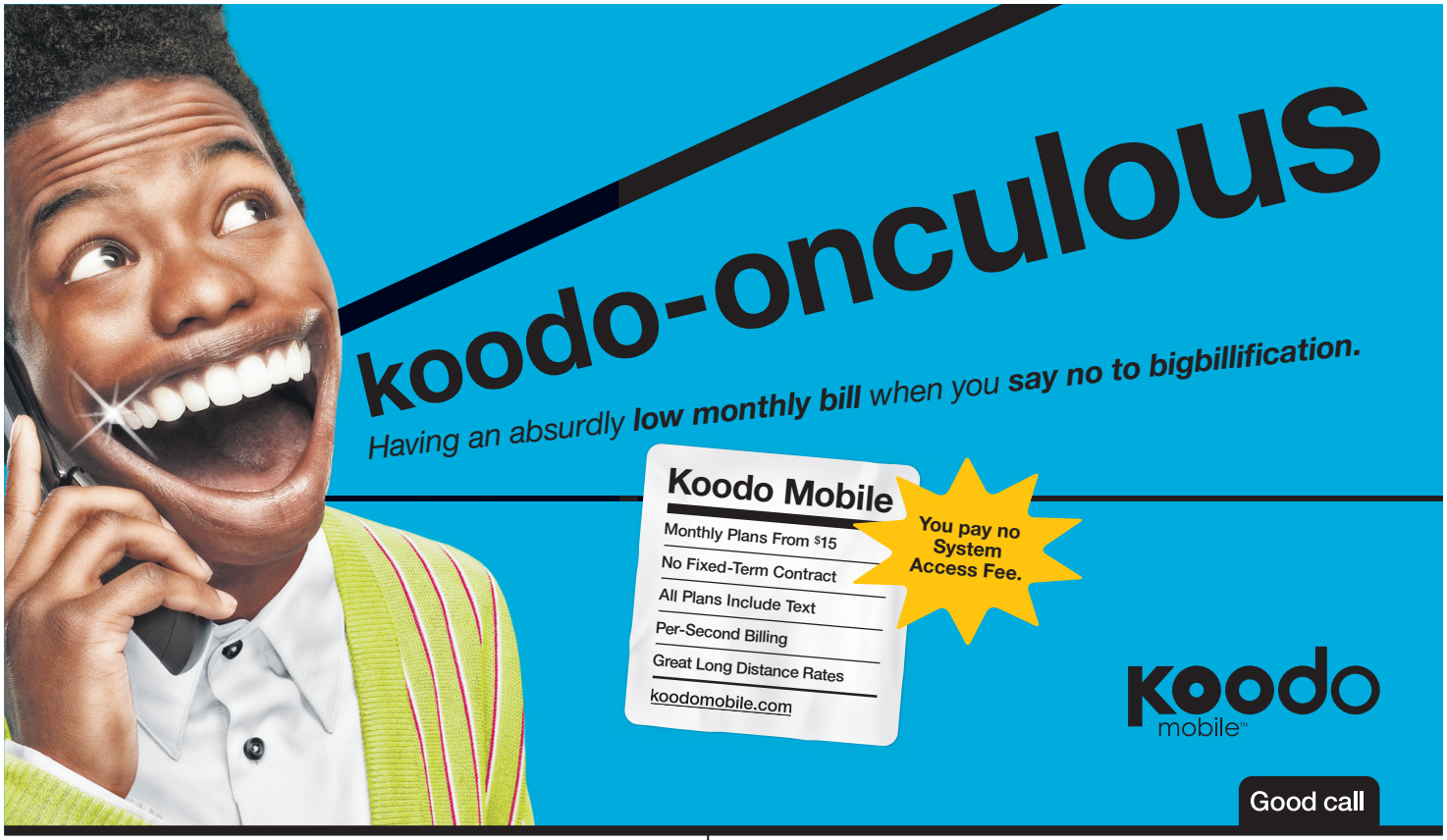
SEEDS Monsanto Co., the world's biggest seed maker, said yesterday its third-quarter profit fell 14 per cent and it plans to cut 900 jobs, or about 4 per cent of its workforce.

The earnings beat Wall Street's forecast. But the St. Louis-based company said the restructuring — which includes the creation of a new division for its struggling Roundup business — will drag down fourth-quarter profit by 41 cents US to 47 cents US per share. The company expects to complete the restructuring in 2010.

It also said its full-year profit will be on the low end of its previous forecast of $4.40 to $4.50 per share.

Monsanto said it earned $694 million, or $1.25 per share, in the quarter.

THE ASSOCIATED PRESS



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STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

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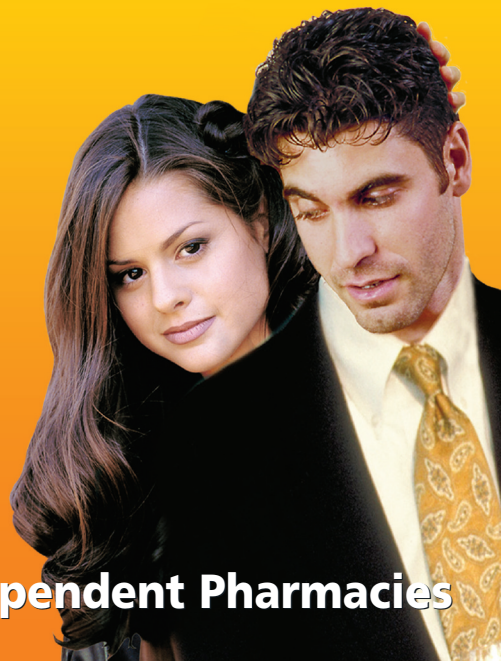

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Comment

Pride starts adding up

Relating

Steve Collins

metronews.ca/collins

On the web

• For more views on relating, go to Love Bytes at metronews.ca/blogs

PrideWeek Toronto

In the middle of Pride Week, en route to Canada Day, it's possible to conflate Pride and patriotism.

To the south, the Obama administration has extended benefits to same-sex couples working for the federal government — except, presumably, in the military, where the old "don't ask don't tell" policy is still in place.

Members of the Canadian Forces participated in Toronto's Pride Parade for the first time last year.

Of course, this year, you can bet Prime Minister Stephen Harper will uphold the long-established prime ministerial tradition of skipping the parade.

Paul Martin once begged off citing a "scheduling conflict."

No other PM has even bothered to make an excuse.

There is still much to celebrate here, where same-sex marriage was legalized four years ago now, putting the activist group Canadians for Equal Marriage out of business.

A lot of things have changed. Me, for example.

I went to high school in a small town in the 1980s. There were no openly gay kids. We'd never heard the word homophobia, and we knew a lot of gay jokes, but no gay people.

Except Mr. G, the math teacher, who you might expect to be in for a world of mockery from his spotty and unevolved charges, at least behind his back. But he wasn't. Whip-smart, funny and patient, he was a student favourite.

Small place that it was, my dad had taught Mr. G math, and remembered him as a struggling student.

Maybe knowing what it felt like not to have the answer was what made him such an exceptional teacher, which he undoubtedly was.

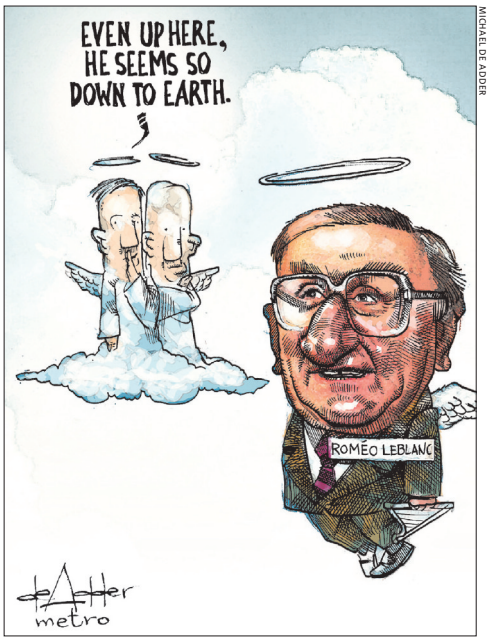
He also bonded with some students over a mutual love of heavy metal, which we, for some reason, thought was very straight music indeed. (The possibility incredibly never crossed our minds that Rob Halford, the singer of Judas Priest, who performed in Pride-issue biker leathers, was gay.)

The headbangers would vacate the smoking area and pile into a classroom after school for sessions of what was known as the "Cultural Society," Mr. G's regular screenings of metal videos on the school's AV equipment.

When I talk to some of the guys from school today, it's noticeable how much their attitudes have mellowed towards same-sex marriage, and gays and lesbians in general. Some of this can be attributed to changing times, and some to the shocking onset of adulthood, but I think it all started with Mr. G, teacher — rocker, and all 'round great gay dude.

So, happy Pride Week, Mr. G, though I still stink at math.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Right to full-body veil not a matter of religion

Mona Eltahawy

Guest Columnist

The full-body veil, called the burqa or niqab, terrifies me.

I'm a Muslim woman who defends a woman's choice to wear a headscarf — I wore one for nine years — but I will never defend the niqab. It embodies the erasure of a woman's identity.

And so I agreed with French President Nicolas Sarkozy when he said the burqa wasn't welcome in France because it "is not a religious sign, it's a sign of subservience."

I would add the niqab doesn't belong anywhere, neither in countries where Muslims are a minority nor in a Muslim-majority country like Egypt, my country of birth.

An argument I had on the Cairo subway — while I still wore a headscarf — with a woman who wore niqab helped seal for good my rejection of the niqab.

She asked me why I did not wear the niqab. I pointed to my headscarf. "Isn't this enough?"

"If you wanted a piece of candy, would you choose an unwrapped piece or one that came in a wrapper?" she asked.

"I'm not candy," I answered. "I'm a woman."

I retell that argument often because it shows the niqab isn't about the "West" versus "Islam."

Many will accuse Sarkozy of hating Muslims, but that would be to concede that the burqa is religiously-mandated, as extremists believe. Many Muslim scholars have clearly described the niqab as an old Bedouin tradition that was not required by the Quran, the Muslim holy book.

To connect the niqab with Muslim women is inaccurate because only a small minority wears it.

Hearing Muslims argue over the burqa is the best way to disarm the Islamophobic right wing in Europe and in North America and their crocodile tears for Muslim women. We don't care for their "support" and yet — to fight Islamophobia — we must not silently watch extremists erase Muslim women out of existence.

That's where "it's about the economy, stupid!"

France is home to Western Europe's largest population of Muslims, estimated at about 5 million. Many complain of discrimination and blame the French government for inaction. It was good to hear Sarkozy also say that France's integration model wasn't working any more because it doesn't give immigrants and their French-born children a fair chance. That's the best way to fight extremists and the niqab they promote. The majority of Muslims in France are more concerned with poverty and unemployment than with the niqab.

Mona Eltahawy is an award-winning syndicated columnist and an international public speaker on Arab and Muslim issues. She is based in New York.

Letters

There is a limit for taxpayers when it comes to city strikes

Re: LCBO and city workers strikes (June 24)

Like GM and Chrysler unionized workers and their incompetent management, the bankrupt City of Toronto has been continuously agreeing to the ever increasing demands of their unions, without any regard for productivity, or the publics financial resources.

Overtime services degrade, productivity drops and the taxpayer ends up with less service for more money.

There is a limit to the capacity of the city's tax base to continuously absorb higher pensions, sick day costs, etc.

Like GM and Chrysler, at some point years of (Mayor David) "Miller" management will bankrupt public services. Why not privatize the LCBO, TTC, Public Works, schools, hospitals?

MARK CHAPMAN, TORONTO

Strike demands out of touch with current economy

Re: City workers strike (June 24)

In today's economy it seems that public servants and public workers feel that they are immune and that they can make demands on the public purse that the public can't afford.

We, their employers, should tell them they have two days or goodbye.

I'm sure by next week we could replace them all and pay less and have a better job done — look at Etobicoke, they replaced them some time ago.

In all fairness the council should roll back their wage increase as well. I say no more freebies. I remember when garbage men came to the side of house picked up the metal cans and put them back.

Nowadays, I find my containers strewn all over and broken.

JAY HOBSONS, TORONTO

Metro Online Poll Results

10% SAID YES	Have you attended any rallies in support of the Iranian uprising? *Weigh in on today's question at metronews.ca*	90% SAID NO

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Heil takes a fall

Olympic gold medallist Jennifer Heil tweaked her knee landing a jump during mogul training on Blackcomb glacier and will miss the remainder of a national freestyle team camp being held this week. Heil said the injury isn't serious but will require some rest and treatment. METRO NEWS SERVICES

Sports

Another year for Chelios?

Although the Detroit Red Wings won't re-sign him, 47-year-old Chris Chelios, left, says he still wants to play in the NHL next year. Saying that his family won't move from the Detroit area, where he owns a bar, the defenceman said yesterday he'd like to play for an Eastern Conference team. Chelios made his NHL debut in 1984 with the Montreal Canadiens. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sharapova out

Former Wimbledon champion loses in second round

In the final game, a desperate Maria Sharapova lunged to hit one shot left-handed, and twice challenged calls but lost. Then she lost the match as well.

Sharapova won seven consecutive games during one stretch, but let a late lead slip away yesterday and was beaten by Gisela Dulko, 6-2, 3-6, 6-4 in the second round at Wimbledon.

In a wild, 14-point final game, Sharapova saved four match points. But on the fifth she pushed an easy forehand long, and she was out of the tournament after two rounds for the second year in a row.

The 2004 champion was playing in her fourth event since rejoining the tour last month following shoulder surgery in October. She's ranked 60th, but was seeded 24th because of past success at the All England Club.

"This is not an overnight process," Sharapova said. "It's going to take time, as much time as I need on the court, to get everything together. ... Just being here is a wonderful accomplishment."

CLIVE BRUNSKILL/GETTY IMAGES

Maria Sharapova shows some emotion during her 6-2, 3-6, 6-4 second-round loss yesterday at Wimbledon.

Roger Federer and Serena Williams advanced with little trouble. Federer, bidding for his sixth Wimbledon championship and a record 15th major title overall, lost only three points on his first serve and defeated Guillermo Garcia-Lopez 6-2, 6-2, 6-4.

"The opponents are only going to get tougher," Federer said. "I'm playing great at the moment, and I hope it's going to last."

THE ASSOCIATED PRESS

U.S. upsets Spain at Confederations Cup

SOCCER The United States ended Spain's record winning streak with a 2-0 upset victory yesterday that gave it an unlikely but deserved place in the Confederations Cup final.

Jozy Altidore and Clint Dempsey exposed a sluggish Spanish defence and Tim Howard make several quality saves to stop Spain's record run at 15 wins and put the Americans into their first FIFA men's final at any level.

Altidore took a deflected pass from Dempsey in the 27th minute, turned past Joan Capdevila and beat Iker Casillas with a shot that bounced off the goalkeeper's hand and into the net.

Spain was caught on the break when Landon Donovan crossed into the goal mouth where two defenders misplayed the ball before Dempsey fired it into the net in the 74th minute.

The Americans survived despite playing the final minutes without Michael Bradley, who was sent off in the 87th for a lunging tackle.

After losing its first two games in the group stage, the U.S. squeezed into the semifinals because it scored more goals than a sagging Italy.

Against Spain's finest from Barcelona, Real Madrid and the Premier League, the U.S. had heart, grit and a big dose of luck. The Americans were outshot 29-9, but they still had enough for their biggest result since reaching the quarter-finals of the 2002 World Cup.

THE ASSOCIATED PRESS

Sports in brief

TRADE Toronto FC has traded Canadian international midfielder Kevin Harmse to Chivas USA. The MLS team will receive allocation money in exchange. Harmse, who can also play as a defender, has been called up by Canada for the Gold Cup next month. He has won nine caps for Canada.

GAMBLING Wagering on a Wimbledon match soared after a TV commentator pointed out one of the players was injured, an online bookmaker said yesterday. British bookmaker, Betfair, alerted tennis corruption investigators about the unusual betting patterns for the first-round match Tuesday between 109th-ranked Wayne Odesnik and 30th-ranked Jurgen Melzer, but does not suspect wrongdoing. METRO NEWS SERVICES

Phelps up for 14 ESPYs

Michael Phelps has earned four nominations for next month's ESPY Awards. The 14-time Olympic gold medal-winning swimmer is nominated for male athlete, championship performance, record-breaking performance and U.S. male Olympian. METRO NEWS SERVICES

Habs sale well-received

NHL meetings begin in Montreal ahead of tomorrow's entry draft

The feuding co-owners of the Tampa Bay Lightning have resolved their differences — at least for now, said NHL commissioner Gary Bettman.

Oren Koules and Len Barrie, who bought the club a year ago, met with Bettman this week to decide who should have final say on team decisions.

Both attended the league's board of governors meeting yesterday.

"They are actually speaking and they sat at the board meeting next to each other, so while they may have some issues long term that they'd like to resolve, things are stable and OK right now," said Bettman.

"I think ultimately whatever's going on can be resolved." Gary Bettman

"I did have a meeting (Tuesday) with Oren Koules and Len Barrie and I think things are OK now. I think ultimately whatever's going on can be resolved."

Koules is reported to favour cutting salary while Barrie wants to spend more to keep the team competitive.

Whichever prevails could have a bearing on whether or not they deal star centre Vincent Lecavalier before the NHL draft tomorrow, with the Montreal Canadiens a likely destination.

Bettman also said there was nothing new to report on the Phoenix Coyotes.

Prospective owners who agree to keep the team in Phoenix have until Aug. 5 to submit bids and if no acceptable bids are entered, those looking to move the club to another city, including Research in Motion co-CEO Jim Balsillie, will have a chance to bid.

He also said that Canadiens owner George Gillett's announcement last week that he will sell the team to the Molson family was well-received by the board, who are expected to vote on the sale later in the summer.

Gillett addressed the board briefly, but then left because he is battling a bout of pneumonia.

THE CANADIAN PRESS

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Sports in brief

HOCKEY Bob Boughner has replaced Dave Lowry as head coach of Canada's under-18 men's hockey team because the Calgary Flames have hired Lowry as an assistant coach. Boughner coached the Windsor Spitfires to a Memorial Cup this year and has twice been named the Ontario Hockey League and Canadian Hockey League coach of the year.

BASKETBALL Michael Jordan's son, Jeff, will not be playing basketball at Illinois next year. The second-year player who walked on with the Illini said yesterday he plans to focus on his studies. He says he's ready for "life after basketball."

FOOTBALL Julius Peppers signed a one-year, $16.7-million US tender under the franchise tag yesterday with the Carolina Panthers. METRO NEWS SERVICES

Blue Jays Running past the Reds

DARREN CALABRESE/THE CANADIAN PRESS

Toronto's Aaron Hill runs past Cincinnati first baseman and Toronto native Joey Votto after hitting a two-run home run last night. Hill's home run was the first of three in the first inning for the Blue Jays. For a complete game recap, visit metronews.ca/sports.

TFC Downing some Red Bulls

NATHAN DENETTE/THE CANADIAN PRESS

Toronto FC forward Pablo Vitti, left, celebrates his goal with teammates Chad Barrett, centre, and Amado Guevara while playing host to the New York Red Bulls last night. TFC ended up winning 2-0 last night as they debuted their pink jerseys in support of the Canadian Breast Cancer Foundation. For a complete game recap, visit metronews.ca/sports.

Recession not affecting plan to Own the Podium

MATTHEW WUEST
matthew.wuest@metronews.ca

VANCOUVER 2010 Games

OLYMPICS The economic climate has not put a dent in Canada's plan to own the podium at the Vancouver Olympics, according to Canadian Olympic Committee CEO Chris Rudge.

"Because of the excitement of having the Games at home, (Olympians) are drawing an awful lot more money than we've ever had in the system," Rudge said. "But whether we'd have more without the downturn, it's difficult to qualify."

The actual Own the Podium initiative — a collaborative effort involving national sport organizations, government and corporate sponsors — is unaffected by the downturn, Rudge said. That program puts $18,000 tax-free dollars in the pockets of 1,200 top athletes and $12,000 into those of 600 more.

"Own the Podium is fully funded through 2010," Rudge said. "Everyone is following through on their commitments. That program is not suffering at all."

Rudge did concede that non-carded athletes trying to self-fund could be affected by the economy. In fact, he knows first-hand. His daughter, Diane, is a half-pipe snowboarder, and, as he puts it, is "living off the bank of mom and dad."

"It takes a tremendous amount of sacrifice," said Rudge, of athletes in similar situations to his daughter's.

When asked if athletes for the 2012 Summer Olympics in London will be impacted negatively, Rudge said the financial support system will be much stronger than it was for Beijing in 2008. He said Vancouver 2010 has generated so much excitement that London 2012 is building off the momentum.

"The biggest legacy of these Games is going to be the creation of programs like Own the Podium," he said. "Better funded, better focused, setting goals, going in saying, 'We want to win.' That's something we didn't do in the past."

For a good cause

Join celebrity chef Ken Kostick at the PawsWay (pawsway.ca) on Friday at 2 p.m. for the wedding of his chihuahuas. The event will raise funds for K9 Rescue Me charity and mark the launch of Kostick's BARK Pet Care line. To make a donation, visit barkpetcare.biz/donate. METRO NEWS SERVICES

Summer Fun

Thirst-quencher

Try this White Tea and Lemon Grass Granita. Mix 1/4 cup sugar, 4 1/2 cups citrus-flavoured white iced tea, 1/3 cup lime juice, 1 stalk lemon grass cut into 1/2-inch pieces, and 1/4 cup whole fresh basil leaves. METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Food fest returns

Toronto's seventh annual Summerlicious starts July 3

RAFAEL BRUSILOW
for Metro Toronto

Toronto's best restaurants will band together to offer fixed-price menus during Summerlicious, which runs from July 3 to 19.

Grumbling stomachs can quit their complaining – they're about to get a gourmet injection at this year's seventh-annual Summerlicious.

The gourmet food celebration runs from July 3 to 19 and will see 150 of Toronto's best restaurants all band together to offer fixed-price lunch and dinner menus ($15-$45) meant to showcase each restaurant's best work. Each lunch or dinner menu features three full meal choices, excluding beverages, offered at a value price compared to the restaurant's usual rates.

Food lovers who have taken advantage of Summerlicious in previous years know what a feast the event usually is, not only for the great food but also as a great motivation to finally get out and try that swanky new "resto" that you've always heard of but couldn't think of an occasion to make a reservation for.

The solidarity shown by Toronto's restaurants during Summerlicious is refreshing, for it essentially places the emphasis squarely on the quality of food as the unified meal rates place each participating restaurant on a level playing field.

At restaurants like the Yorkville-hugging Pangaea (1221 Bay St.) where dinner usually goes for $150-$200, getting a full-course meal for Summerlicious rates is almost a steal, assuming you can hold yourself back from ordering some quality grape from the restaurant's 450-label strong wine list.

For a taste of upscale Canadiana, the Canoe Restaurant & Bar at 66 Wellington St. W. lets you dig into such uncommon fare as roast hind of Yukon caribou with a zucchini and sweet cord bread cobbler in a partridge berry jus. If you can decipher what that means, you definitely deserve to savour every bite.

With patio season in full swing, you'll need to reserve early if you want to guarantee an outdoor table at joints that have them, although staying indoors is hardly a trade-off, giving you a chance to take in the decor and beat the heat in air-conditioned dining rooms.

There's no central reservation hotline so you'll need to call and make reservations with restaurants directly. Participating restaurants have already started taking reservations for seatings between July 3 and 19 and Summerlicious is always popular, so don't hesitate to jump on the phone to secure a spot.

Check out toronto.com/summerlicious for complete restaurant listings and contact information and let your stomach run wild.

Other events to whet your appetite

Summerlicious isn't the only event for foodies happening in the first half of the summer, so get your taste buds and walking shoes ready.

- **Taste of Lawrence:** This event closes down Lawrence Avenue East between Warden and Pharmacy from July 3 to 5 to celebrate Scarborough's international flavours with food, performances and more.
- **Corso Italia:** The 12th annual fest is July 4 and 5, with 30 live bands, food and sidewalk sales.
- **Salsa on St. Clair:** Fiery foods and enflamed passions collide for a fun street party for the 5th annual Salsa on St. Clair Festival on the weekend of July 11 and 12. Offering free admission, the celebration of Toronto's Latin cultures runs on St. Clair Avenue from Winona Drive to Christie Avenue and will have plenty of street performances featuring music and dancing, a Latin market and children's area for families to hang out.

RAFAEL BRUSILOW /FOR METRO TORONTO

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For the food lover

Experience Muskoka's Thrill of the Grill, from July 3-5 and enjoy a wild blueberry inspired dish or two from celebrity chefs, including Licence to Grill's Rob Rainford, left. For more, go to deerhurstresort.com/summerfest/index.html. METRO NEWS SERVICES

Festivals celebrate season

LUCAS OLENIUK/TORSTAR NEWS SERVICE

RAFAEL BRUSILOW
for Metro Toronto

TOBIN GRINSHAW/TORSTAR NEWS SERVICE

Enjoy the music at the Beaches International Jazz Festival from July 17-26, or take in the fireworks at Ashbridges Bay on Canada Day.

Summer is finally here and Toronto is revving up for fun in a season filled with events that celebrate the balmy days.

CANADA DAY, JULY 1

Celebrations abound all across the city on Canada Day, so you really have no excuse to sit at home and mope. For the daytime, **Downsview Park** will host a free family-friendly day of fun complete with petting zoos, outdoor performances and historical re-enactments while music lovers might also want to check out the Canada Day Jam free concert at **Woodbine Park**. Fireworks shows abound at night with a free concert and fireworks at **Mel Lastman Square** at 8 p.m. and similar fireworks bonanzas at **Ontario Place**, **Canada's Wonderland** and **Ashbridges Bay** in the Beach. Bring a blanket and enjoy the dazzle.

CHIN INTERNATIONAL PICNIC, JULY 1, 4 & 5

A long-time yearly tradition, the **CHIN International Picnic** is huge, raucous and, most important of all, free. The 43rd annual event happens at **Exhibition Place** and features international performances, tons of food, a shopping bazaar and an international bikini pageant. Sports lovers can take in a cycling race or a boxing show while families can have loads of fun at the Kids' Zone and circus show.

TORONTO FRINGE FESTIVAL, JULY 1-12

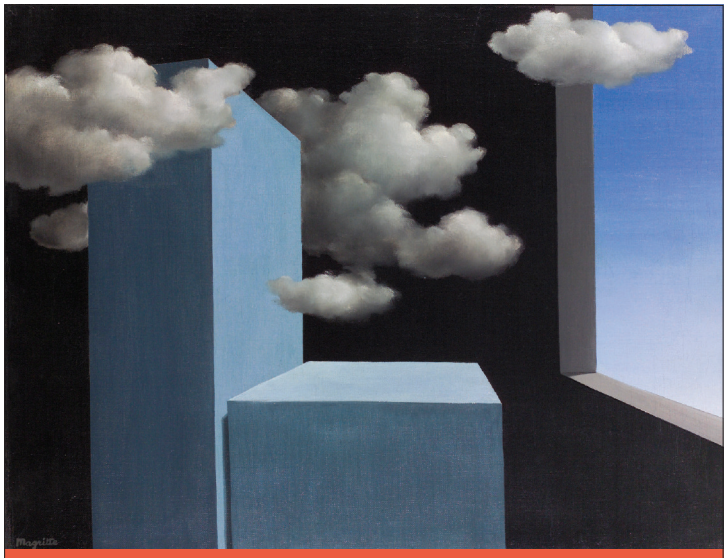
For people who say art is a dish best served raw, the **Toronto Fringe Festival** is a veritable feast. The festival, in its 21st year, is a beacon for off-beat, unfiltered and adventurous stage shows that test the bounds of the artistic spirit. Check out the inventive **36 Little Plays About Hopeless Girls**, which features storytelling in the form of one-minute vignette skits and dances, or the frenetic **2-Man No-Show**, which is self-described as "percussion, character/sketch comedy, physical theatre, and high octane performance art."

HONDA INDY TORONTO, JULY 10-12

Racing fans rejoice — fast cars and ear-splitting engines return this year to the CNE grounds for some much needed RPM-induced hysteria. The **Honda Indy Toronto** takes over the reins from last year's cancelled Molson Indy promising to give speed freaks back their yearly fix of racing. Remember: Real fans get the VIP pass for the full pit walk-through.

TD CANADA TRUST TORONTO JAZZ FESTIVAL, JUNE 26-JULY 5 & 21ST ANNUAL BEACHES INTERNATIONAL JAZZ FESTIVAL, JULY 17-26

Jazz makes its mark in Toronto with two major festivals devoted to the beloved musical form, giving jazz fans plenty of quality performances to soak up. The **TD Canada Trust Toronto Jazz Festival** promises to return as a classy affair, while the **Beaches International Jazz Festival** later in July always explodes with wild fun and plenty of outdoor performances. Check out saxophone king Sonny Rollins playing the Four Seasons Centre for the Performing Arts at the Toronto Festival June 26 or the massive free concert stage shows at Woodbine Park July 17-19 for the Beaches event.



Hot soup a summer tradition

COLIN O'CONNOR/TORSTAR NEWS SERVICE

Ikeila Wright and Ras Iville Wright have been making a popular corn brew for 10 years at the One Love Corn Tent.

Corn on the cob, sure, but hot soup flying out of the pot in the middle of summer? Believe it!

People have lined up for more than an hour in 30-degree heat for a cup of The Soup Rastas' killer brew. For the past decade, the One Love Corn Tent, operated by Ras Iville Wright and his wife Ikeila Wright, has been a big draw outside Harbourfront Centre's World Café, which is open every weekend until Sept. 7.

Ikeila even stood in the line once and heckled the servers, to take the pulse of customers' endurance.

"I was saying, 'C'mon what's taking so long?'" she recalls. "And people were telling me to be patient and that it would be worth the wait. They talk to each other and enjoy the music. We've even seen love matches made in the line."

The only disruptions at the stall, which has served everyone from musicians performing on the main stage to Lake Ontario yachters, come from those unwilling to wait their turn.

"Sometimes we get that 'Do you know who I am?' attitude," says Iville. Her retort is: "'No, get in line like everyone else.'"

Even though the corn soup — a spicy, vegetarian blend — derives from Iville's Jamaican roots, it has earned a loyal following in Toronto.

"We get a lot of Muslims and people who eat Kosher, or have dietary restrictions," says Ikeila. "And corn is so universal, every culture has their own way of preparing it. We're the face of people who cook traditionally and people who are self-taught."

The couple started selling seasoned boiled corn at summer festivals in the mid-'90s. When people asked for bowls of the spicy broth, they tried to deter it by charging a fee — because fresh water was hard to get on location. Eventually, more ingredients — yellow split peas, pumpkin, coconut milk — were added and voila, soup!

Although Jamaican-born Iville learned at the elbow of his mom, Ikeila, who grew up on a dairy farm outside Guelph, says she excelled at cooking in spite of a mother who was a disaster in the kitchen.

When asked to compare their skills, diplomacy reigns.

"Well, you know, we have different styles," says Iville, who lauds his wife's baking.

"We complement each other," adds Ikeila. "I'm more likely to investigate other foods: Italian, Indian, et cetera. He's the Jamaican specialist."

The Georgetown couple, who have five children ranging in age from 10 to 19, are finally fulfilling their long-time dream and fan requests with the launch of a permanent location: One Love Vegetarian Take-Out, at 854 Bathurst St.

They intend to remain as one of Harbourfront's three permanent summer food vendors (the others are awarded on a lottery system).

Although they can no longer fit summer festivals into their schedule, copycat corn soup sellers abound. Some even sport dreadlocks and Afrocentric garb.

"We don't take it as an insult; there's room for everyone," says Iville. "Just come with something good and be original."

"Corn is so universal, every culture has their own way of preparing it."
Ikeila Wright

TORSTAR NEWS SERVICE

Stay cool
These Slow Melt Popsicles are made with fruit juice and come in a variety of fun colours, flavours, shapes and characters. Available across Canada for $4.79-$5.99 per box. METRO NEWS SERVICES

Fun with festivals

Something for everyone this summer

Events

TOTTENHAM BLUEGRASS FESTIVAL takes place in the natural amphitheatre of the Tottenham Conservation Area from June 26-28. For more, go to tottenhambluegrass.ca or call 1-888-BLUGRAS.

CANADIAN REDNECK GAMES take over the Town of Minto from June 26-28. For more, call 519-338-2511 or visit canadianredneckgames.ca.

TORSTAR NEWS SERVICE FILE PHOTO

The Holstein Rodeo Festival takes place from July 9-12.

NIN OS KOM TIN ABORIGINAL FESTIVAL takes place in Newmarket on June 27. For more, go to newmarket.ca or call 905-836-5153.

FESTIVAL OF FIRE is at Ontario Place on June 27 and July 1 & 4. Go to ontarioplace.com for more.

THE COBOURG HIGHLAND GAMES features traditional pipe bands, Scottish dancing, strongman competitive events and more on June 27. Call 1-888-262-6874 or visit cobourghighlandgames.ca.

NEWMARKET SUMMER FESTIVAL SERIES features Fiddlefest, Jazz and Blues, Art Fest on Main and others from June 27-Sept.19. Go to newmarket.ca or call 905-895-5193 for more.

ANNUAL STRAWBERRY FESTIVAL takes place on June 28 at Toronto's Spadina Museum, 416-392-6910.

STRAWBERRY FESTIVAL in Stouffville runs from June 30-July 5, strawberryfestival.ca or 905-642-3779.

COBOURG WATERFRONT FESTIVAL runs from July 1-4, cobourgtourism.ca or 1-888-262-6874.

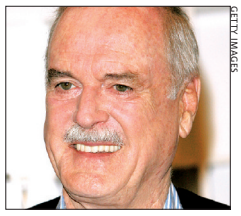
IT'S YOUR FESTIVAL runs from July 1-5 with arts & crafts booths, a midway, live entertainment and more at Hamilton's Gage Park. Go to itsyourfestival.ca for more.

THE SCREAM LITERARY FESTIVAL runs July 2-13 in Toronto. Go to thescream.ca or call 416-466-8862 for more.

SOUTHWESTERN ONTARIO FIDDLE AND STEP-DANCE CHAMPIONSHIPS take place July 3 & 4 at Tavistock Arena. Go to cyg.net/~huitema for more.

FRIENDSHIP FESTIVAL binational festival with concerts, battle re-enactments and more runs July 2-5 in the Fort Erie and Niagara Falls area, 1-888-333-1987 or friendshipfestival.com.

THE HOT SPOT FESTIVAL explores culturally innovative trends from around the world at Toronto's Harbourfront Centre from July 3-5. Call 416-973-4000 or visit harbourfrontcentre.com for more.



GETTY IMAGES

John Cleese will perform at the Just for Laughs festival.

WARKWORTH WESTERN WEEKEND runs July 4-5, warkworthwesternweekend.com.

HOLSTEIN RODEO FESTIVAL runs July 9-12. Go to holsteinrodeo.com or call 519-334-4047 for more.

BELLEVILLE WATERFRONT ETHNIC FESTIVAL runs July 9-12, bellevillewaterfrontfestival.com or 613-962-4597.

STONETOWN HERITAGE FESTIVAL runs July 10-12 in St. Mary's. Call 1-800-769-7668 or visit townofstmarys.com.

BEATS, BREAKS & CULTURE runs July 10-12 at Toronto's Harbourfront Centre, 416-973-4000 or harbourfrontcentre.com.

TORSTAR NEWS SERVICE

The Caribana Festival runs from July 14-Aug. 4.

CARABRAM MULTICULTURAL FESTIVAL runs July 10-12 in Brampton, carabram.org or 416-452-4917.

AFROFEST takes over Toronto's Queen's Park on July 11 & 12, musicafrica.org.

WAR OF 1812 GRAND TACTICAL BATTLE re-enactment runs on July 11 & 12 in Morrisburg, 1-800-437-2233 or uppercanadavillage.com.

TORONTO JUST FOR LAUGHS FESTIVAL has 42 shows in 11 venues with performances from John Cleese, Sarah Silverman, John Pinette, Jeremy Hotz, Shaun Majumder, Danny Bhoy, Louis CK and others. Runs from July 15-19. Visit hahaha.com/toronto.

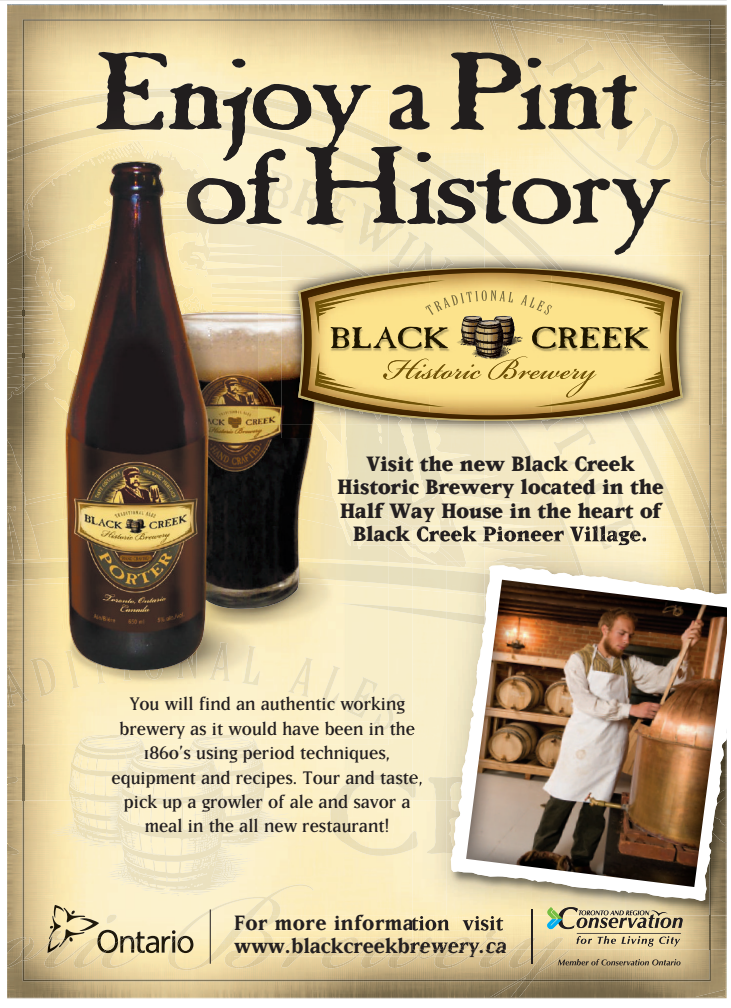
CARIBANA FESTIVAL takes over Toronto from July 14-Aug. 4 with a variety of events — a Junior Carnival, art exhibition, Pan Alive, the King & Queen Show and the ever-popular and colourful parade. Go to caribanafestival.com for more.

HAMILTON FRINGE FESTIVAL runs July 16-26, hamiltonfringe.ca.

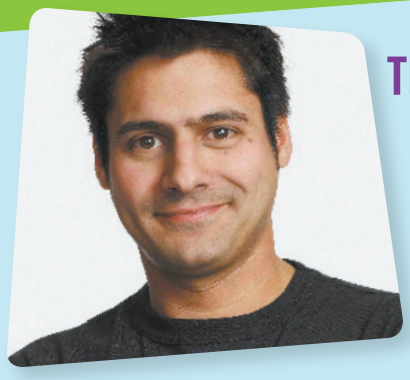
CAMBRIDGE HIGHLAND GAMES runs July 17 & 18, cambridgehighlandgames.org.

HOME COUNTY FOLK FESTIVAL runs July 17-19 at London's Victoria Park, homecounty.ca.

TORSTAR NEWS SERVICE



There's a time and a place for comedy.
Tickets on sale now.



TENA® presents
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featuring
Scottish sensation
Danny Bhoy
july 14-19 · 7pm
at St. Lawrence Centre for the Arts
(Jane Mallet Theatre)

TENA® presents
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An evening with
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(Bluma Appel Theatre)

The Ethnic Comedy Show
hosted by
Shaun Majumder
with special guest Frank Spadone
featuring
Steve Byrne, Godfrey,
Akmal Saleh, Rachel Feinstein
& more.

july 17-18 · 7 & 9:30pm
at Winter Garden Theatre

For tickets:

The One Person Show & The Special Event Series
St. Lawrence Centre box office
416 366 7723 or 1 800 708 6754
stlc.com
Ticketmaster outlets
416 872 1111
ticketmaster.ca

The Ethnic Comedy Show
Winter Garden Theatre
box office
Ticketmaster outlets
416 872 1111
ticketmaster.ca

For full schedule and line-ups: hahaha.com/toronto

WESTJET PRESENTS
Toronto Just for laughs festival

OLG · Jacob's Creek · TENA · XM · Ontario · Toronto unlimited · Toronto · CTV · Comedy

Jones in concert
Tom Jones performs at Orillia's Casino Rama on July 14 & 15. For tickets, call 416-870-8000. METRO NEWS SERVICES

From music to art

Music

GLOBAL GROOVES outdoor concert series runs Fridays from June 26-Sept. 4 at Toronto's Yonge Dundas Square, ydsquare.ca.

SUMMER MUSIC IN THE GARDEN classical music and dance series runs Wednesday evenings and most Sunday afternoons from June 28-Sept. 20 at Toronto's Music Garden, harbourfrontcentre.com or 416-973-4000.

THE OFFSPRING are at Toronto's Molson Amphitheatre on July 2, 416-870-8000.

MARIPOSA FOLK FESTIVAL has performers like The Proclaimers, Steven Page, Luke Doucet, Buffy Sainte Marie, Valdy and others at Orillia's Tudhope Park from July 3-5. Go to mariposafolk.com for more.

SALLY CREEK MUSIC FESTIVAL runs July 3-5 in Woodstock. Call 1-888-288-4423 or visit sallycreekmusicfestival.ca for more.

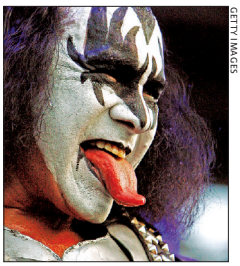
DEF LEPPARD, POISON & CHEAP TRICK perform July 4 at Toronto's Molson Amphitheatre, 416-870-8000.

ROCK THE BELLS 2009 with Nas, Damian Marley, Common, K'naan and others July 5 at Toronto's Molson Amphitheatre, 416-870-8000.

JACKSON BROWNE is at Orillia's Casino Rama July 7 & 8, 416-870-8000.

JUDAS PRIEST & WHITESNAKE perform July 9 at Toronto's Molson Amphitheatre, 416-870-8000.

SUNFEST, a celebration of international and national music and dance, takes over Victoria Park in London July 9-12, sunfest.on.ca.


GETTY IMAGES

CHRIS GALLOW

Gene Simmons will be at Bayfest with Kiss in July, while Karen Robinson is starring in The Tempest in The Dream in High Park.

BAYFEST at Sarnia's Centennial Park has Counting Crows, Kiss, Stone Temple Pilots, Tim McGraw, Brad Paisley and more on July 9-11 & 17-18. For more, go to sarniabayfest.com.

VANS WARPED TOUR hits Toronto's Arrow Hall on July 10, 416-870-8000.

ELORA FESTIVAL 30th anniversary season features a variety of classical and contemporary music concerts from July 10-Aug. 2, elorafestival.com or 1-888-747-7550.

BLUESFEST INTERNATIONAL music event happens July 16-19 in Windsor and London, thebluesfest.com.

UPTOWN WATERLOO JAZZ FESTIVAL runs July 17-19, uptownwaterloojazz.ca.

FESTIVAL OF THE SOUND celebrates its 30th anniversary of music from July 17-Aug. 9 with performances from Canadian Brass, Toronto Mendelssohn Choir, Elora Festival Singers, Russell Braun and others in Parry Sound. Visit festivalofthesound.ca or call 1-866-364-0061 for more.

KISS perform at Orillia's Casino Rama on July 20 & 21, 416-870-8000.

Theatre/Arts

THE DREAM IN HIGH PARK features Shakespeare's The Tempest starring Dora Award-winning actress Karen Robinson as Prospera. Runs from June 26-Sept. 6. Go to canstage.com or call 416-368-3110 for more.

DEAD SEA SCROLLS exhibition begins June 27 at the Royal Ontario Museum, rom.on.ca.

STIRLING FESTIVAL THEATRE presents On Golden Pond by Ernest Thompson from July 8-18. Call 1-877-312-1162 or visit stirlingfestivaltheatre.com.

THE SHAW FESTIVAL has The Devil's Disciple, Albertine in Five Times, Star Chamber and Play, Orchestra, Play opening in Niagara-on-the-Lake from July 9-11. Visit shawfest.com or call 1-800-511-SHAW.

SHAKESPEARE UNDER THE STARS outdoor summer theatre at various Ontario locations from July 9-Aug. 23. Call 416-466-3843 or visit driftwoodtheatre.com.

TORONTO OUTDOOR ART EXHIBITION runs from July 10-12 at Nathan Phillips Square, torontooutdoorart.org. TORSTAR NEWS SERVICE

METRO CUSTOM PUBLISHING FEATURE

MADE IN CANADA

Celebrating Canadian innovations and the businesses that helped shape daily life as we know it today.

In the darkest days of the recession, as international financial institutions were trembling – and in some cases tumbling – the world looked to Canada for inspiration. Our federally-run banking system, that carefully regulated and well-capitalized machine, was weathering the economic storm better than any other country's. When our eight largest banks' results for 2008 came in, they showed collective profits of $12.4 billion, a big drop from the previous year, but an astonishing success when many of the world's financial giants were on the edge of bankruptcy.

Banking and finance isn't the only thing we do well. Canadians have always been characterized as hewers of wood and drawers of water, a joking reference to the fact that our economy was founded on staples like fish and fur. But update that image and you see a country that's a world leader in resource development.

Take our energy industry, for example. Despite the challenges of volatile prices and gyrating demand in recent times, the energy sector has forged ahead. Including oil and gas, coal, electricity, and newer "green" forms of energy like wind power, the sector accounts for 7% of Canada's gross domestic product and employs 363,000 people. Last year, it generated $133 billion in export revenues, a record. Companies like Suncor, a leader in oil sands extraction, and EnCana, which saw the potential in developing natural gas from shale rocks before any other North American operator, continue to drive the sector's prosperity.

Mining is another keystone. Canada has long been a leader in base and precious metals mining and that hasn't changed. The sector is paced by the likes of Barrick Gold, the largest gold producer in the world with operating mines and development projects on five continents.

Perhaps our greatest resource, though, is our brainpower. Canada has spawned high profile winners in advanced manufacturing like Research In Motion, which continues to dominate world markets for web-enabled multi-function mobile phones. Our aerospace sector is one of the largest in the world. Bombardier is the global leader in regional and business aircraft, and MDA is the developer of the famous Canadarm and Dextre robotic systems used by NASA. Our life sciences sector covers roughly 400 domestic pharmaceutical and biotechnology firms, including generic drug giants such as Apotex and Biovail, both of which have annual sales of about $1 billion.

Canada's business successes run the gamut from low tech to high tech, operating in an increasingly diverse and dynamic economy that's poised for long-term growth. Times may be hard, but it's worth remembering – and celebrating – all the things we do well.

View of the Canadarm during a space shuttle mission

Photo courtesy of the Canadian Space Agency

Bright Future For WestJet

Despite the setbacks airlines around the world are currently facing, including a weakened demand for air travel as a result of the economic downturn, the skies are looking bright for WestJet.

Not only is the Calgary-based company the world's fourth most profitable airline on a percentage basis, but it continues to deliver on its strategic plan by expanding its network, growing its fleet of planes from 79 to 121 by 2013, and launching a frequent flyer program and code-sharing deals with Air France and KLM as well as others in the future.

These partnerships would allow the airlines to transfer their passengers onto one another's networks, allowing guests to book through travel and check their baggage directly through to their destination. They will also give WestJet guests access to a world of destinations.

While striving to continue offering its guests a friendly, efficient and relaxing experience, the company is also looking to become one of the top five most successful airlines in the world by 2016. And Sean Durfy, WestJet's CEO, says his airline is in a better position than most to get through the recession and achieve that goal.

"We keep expanding when everyone else is contracting, and we keep delivering an amazing guest experience," explains Durfy. "For us, our company culture is the key driver to our success."

> "We keep expanding when everyone else is contracting, and we keep delivering an amazing guest experience"

WestJet's culture drives all of its decisions. The airline's recently introduced Care-antee reinforces that its people truly go above and beyond when it comes to taking care of its guests. From not overbooking flights to providing guests with meals and accommodations if flights are delayed or cancelled (even if it's Mother Nature's fault), the airline truly puts people first.

The low-cost airline also takes social responsibility as seriously as it does business. WestJet's culture of caring extends beyond its people and guests to the community at large through its WestJet Cares for Kids program. From organizing toy drives for children's hospitals in the communities it serves, to providing thousands of free flights to people who desperately need medical care, to partnering with 10 national children's charities like Kids Help Phone and Ronald McDonald House charities, WestJet is a firm believer in giving back. In fact, the company supports more than 800 community initiatives throughout Canada.

In the face of the weakened global economy, it's clear that WestJet is en route to continued success.

COMPANY PROFILE: WEST JET

Sean Durfy became WestJet President in September 2006 and Chief Executive Officer in September 2007. As President and CEO, Sean is responsible for both the strategic direction of the company and the day-to-day operations of the airline, leading over 7,500 WestJetters as they deliver an exceptional guest experience.

Amid the global recession, weakening demand and bankruptcy notices by airlines around the world, the fact that WestJet has become the most profitable airline in North America on a percentage basis is a true testament to the success of its mandate: putting people first.

Since its inception in 1996 as a low-cost airline servicing Western Canada, WestJet has grown from a fleet of three planes to 79 — all Boeing 737 Next Generation — flying to 55 destinations across Canada, the U.S., Mexico and five Caribbean nations. Some of their most recent destination additions include San Francisco, San Diego, Sydney, Nova Scotia and Yellowknife, NWT, with more destinations planned in the near future.

Today, the Calgary-based company is run by an executive team of seven headed up by President and CEO Sean Durfy, 43. "We have a very simple motto," says Durfy, a native Newfoundlander. "If we, as a corporation, take care of our people, then our people will take care of our guests, and our guests will take care of our business."

One of the ways WestJet takes care of its people is through profit sharing. Just as that familiar refrain on their playful TV commercials says, "Why do WestJetters care so much? Because we're also WestJet owners," 83 per cent of their 7,500 staff own shares in the public company through an employee share purchase program.

WestJetters as they refer to themselves can designate up to 20 per cent of their salary to buy shares, which the company matches. Considering it's the fourth most profitable airline in the world on a percentage basis, with revenue of more than $2.5-billion in 2008, there's certainly incentive to invest.

But it's the unique culture that truly sets WestJet apart. Through its fun, friendly and caring WestJetters, they demonstrate that an airline can have exceptional operational performance, a world class guest experience and great value.

WestJet has always been on top of new trends and technologies. In fact, it was the first airline in North America to implement the electronic boarding pass and is the only airline in Canada to offer live seatback TV.

In keeping with the global concern over the environment, WestJet has made a concerted effort to lower emissions from its fleet of planes by investing billions to upgrade its fleet to be more fuel efficient. Today, WestJet proudly boasts one of the youngest, most modern and fuel-efficient fleets in North America.

WestJet is a true Canadian success story.

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Hurry. Today only.

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This is an extraordinary offer for extraordinary times. WestJet and InterContinental Hotels Group have teamed up to give you an exclusive offer not available anywhere else. You'll get WestJet's sale fare and 25% off your hotel stay. But hurry, this offer is available today only.

Book by June 25, 2009 for travel on Mondays, Tuesdays and Wednesdays until October 7, 2009.*

One-way fares from Toronto starting at:

$65 Ottawa	$69 Montréal	$95 Quebec City	$125 Thunder Bay	$129 Halifax	$129 Moncton • Saint John
$139 Charlottetown • Sydney, N.S.	$149 Winnipeg	$155 Deer Lake/Corner Brook	$165 St. John's	$179 Calgary • Edmonton	$179 Regina • Saskatoon
$195 Abbotsford	$195 Kamloops • Kelowna	$199 Vancouver	$215 Victoria	$269 Fort McMurray • Grande Prairie	$309 Yellowknife

Book now at **westjet.com** or **1 800 538 5696.** Or call your travel agent. Offer also available at InterContinental®, Crowne Plaza®, Hotel Indigo®, Staybridge Suites® and Candlewood Suites® hotels.

WESTJET

*Book by June 25, 2009 (11:59 pm MT) for travel on Mondays, Tuesdays and Wednesdays until October 7, 2009.Taxes, fees and surcharges are extra where applicable. Advertised prices already reflect the discount. Discount is applied to WestJet lowest regular fare. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Offer combinable with other fares. Advance purchase required. Flights may not operate on certain days. All fares shown are one way. See westjet.com for details. †Book by June 25, 2009 (11:59 p.m. MT) for hotel stays until October 7, 2009. 25% discount applies to the Best Flexible Rate. Taxes, fees and surcharges are extra where applicable. WestJet boarding pass must be presented at check-in to receive discounted rate. Offer only available at participating Canadian hotels. Blackout dates may apply. Rooms subject to availability. Reservations must be made at least 3 days in advance of stay. Offer is not retroactive to reservations booked prior to June 23, 2009. Can only be booked through link found at westjet.com. Full pre-payment at booking. No Priority Club points. No refund if cancelled or changed. Cannot be combined with any other offer. See westjet.com for WestJet promotion details. ®Registered trademarks of InterContinental Hotels Group.

A Commitment to Canadian Communities

Pizza Pizza is rolling out the tomato carpet on Canada Day. For the 10th year, the Canadian company will be sponsoring national celebrations in Ottawa on Parliament Hill and in Jacques Cartier Park, in Gatineau, Que., and selling pizza at two locations at the event.

"In an industry often dominated by American interests, Pizza Pizza has grown and expanded while embodying Canadian values. Our various partners, franchisees and their employees represent a very hard working and diverse group of Canadians," says Pat Finelli, the corporation's chief marketing officer.

Pizza Pizza is also a sponsor of many Canada Day events in the Greater Toronto Area. For eight years it has supported New Country Canada Day, an event that takes place at Woodbine Park in the Beaches. The company has long sponsored the Mississauga Canada Day party at Mississauga City Hall, where local franchise partners sell pizza. The same goes for the Chin Picnic, a multicultural festival held at Exhibition Place July 1st, 4th and 5th. Plus, for the first time this year, Pizza Pizza will be at Downsview Park's Canada Day celebrations.

"Pizza Pizza is proud of its Canadian heritage. What better way to celebrate Canada Day than to join up with friends, new and old, at various locations all over the Greater Toronto Area. That spirit of togetherness is why Pizza Pizza will be participating in as many events as possible," says Finelli.

Community interaction is a priority. The company is a big supporter of children and families, organizing approximately 100 customer appreciation days per year. These pizza parties offer games, prizes and discounted menu items for their customers.

Raising money for those in need is part of their community commitment. Slices for Smiles, launched in October 2007, offers consumers discounted pizza with a portion or proceeds going to charity. To date these events have raised over $285,000 benefiting Children's Miracle Network and Big Brothers Big Sisters of Canada.

Over 200 different organizations benefit from Pizza Pizza's corporate involvement each year. Cells for Slices trades old cell phones for slices of pizza, after which they are refurbished for sale, with proceeds going to Food Banks of Canada. Sponsorships nurture participation in sports, arts, cultural and environmental activities like the 20-Minute Makeover. Other programs raise money for elementary schools, and support local volunteers in their community efforts.

Guest appearances tied into the company's community initiatives have included Dwayne De Rosario from Toronto FC, Ontario Formula Ford Driver Caitlin Johnston, Andrea Bargnani of the Toronto Raptors and Andre Talbot of the Toronto Argos.

"Pizza Pizza believes in supporting the communities we serve. After all, these community relationships are one of the key reasons for our success," says Finelli.

COMPANY PROFILE: PIZZA PIZZA

One of Canada's most successful food businesses was born at the corner of Parliament and Wellesley Streets. Pizza Pizza began in 1967 as a 300-square-foot restaurant owned and operated by Michael Overs. Although popularity of the delicious Italian cheese, tomato and pepperoni pies had yet to sweep the nation, Overs had faith it would happen.

Pizza Pizza opened its first location in December 1967 at the corner of Wellesley and Parliament Streets in Toronto. It now boasts 577 locations in Canada.

Today Pizza Pizza has 577 traditional and non-traditional (counter outlets) restaurants across the country and annual sales are more than $475 million. Last year it fulfilled more than 28 million orders.

The company is one of the top pizza restaurant chains in the country. It has more than 3,000 employees and is at the forefront of the quick service foodservice industry. In Ontario it leads the pizza pack, beating out U.S.-based and other competitors.

The secret of Pizza Pizza's success? The highest quality ingredients are used to make hot and fresh products, at a great price. The company values the quality of the service and experience it offers. Franchise operators and employees are trained every year at Pizza Pizza University, a state-of-the-art facility where attendees are taught about food preparation, customer service, quality control and operating systems.

Innovation is a key component in Pizza Pizza's strategies.

Sensitive to changing tastes, the company is committed to improving nutritional content and providing healthy options. Some health-conscious offerings include muiti-grain and gluten-free dough, sodium reduced sauces and cheeses, and reduced-fat pepperoni. Other than those that are naturally occurring, the entire menu is free of trans fats and contains no MSG.

Pizza Pizza is a franchise-driven restaurant company. It provides a high level of service and operational support to its franchisees, including turn-key restaurants, a central food distribution centre, and monitoring systems that ensure operational consistency across the chain.

Pizza Pizza has also made a commitment to the environment by eliminating the use of plastic bags in favour of craft bags and increasing the use of reusable containers throughout their entire supply-chain. The use of recycled materials in pizza boxes, slice trays, bags and napkins saves 84,000 trees annually and pizza boxes are now accepted in Blue Box programs across Ontario.

New technologies support Pizza Pizza's business. It was the first take-out and delivery chain to develop a one-number ordering system and networked call centres. Strong brand awareness has been reinforced with a memorable phone number (967-11-11 in the GTA) and accompanying jingle. The online ordering system has been re-launched at pizzapizza.ca with a more user-friendly interface and offers ongoing promotions giving away cash, trips and more.

Innovation is a key component in Pizza Pizza's strategies. The company invented the first insulated pizza delivery bag in 1971 and it was the first to issue a guaranteed delivery time in 1985. The Pizza Card offers a new level of convenience, as it can be used in-store or even at the door for deliveries. The company has also just launched PPTV, an in-store television network airing news & content relevant to Pizza Pizza customers.

Almost all Pizza Pizza restaurants are either new or have been substantially renovated in the past five years. The restaurants strive to create an inviting, comfortable environment that appeals to families and lunchtime crowds.

Perhaps what customers appreciate best about the chain is that they can depend on its service and quality, summed up in the company slogan, "Always the best food – made especially for you."

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www.pizzapizza.ca

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Happy Canada Day!

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4 Regular Adult "Economy Class" tickets for travel anywhere within the Windsor - Quebec City corridor!

VIA Rail Canada

Visit www.pizzapizza.ca for full contest details. Contest runs from June 15 - July 19. For reservations, visit viarail.ca and 1 888 VIA-RAIL (1 888 842-7245)

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*$1 service charge for debit orders at door. Taxes & delivery extra. Minimum delivery order is $9.99. Some restrictions apply. Offers /prices subject to expire without notice. Registered trademarks of Pizza Pizza Royalty Limited Partnership, used under license. ©Pizza Pizza 2009. ®\TM Coca-Cola Ltd., used under license. 0009983

Mango's male face

The new face of the autumn/winter 09 MANGO menswear line HE Homini Emerito will be Max Irons, the son of actor Jeremy Irons. The 23-year-old currently made his acting debut in the London theatre's Wallenstein. METRO NEWS SERVICES

Style

IWC pilot watch

Channel the iconic aviator Howard Hughes with this pilot watch by IWC. It's designed for men but would also look cool and chic on women. Added bonus: It comes in a smaller size for young boys. (Available at iwc.com). KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Cool to be khaki

New Gap collection goes back to the basics with beige

Basic beige never looked so cool. For its latest designer collaboration, Gap is returning to its roots.

This year's Gap Design Editions will focus on khaki, a staple that was once synonymous with the retailer.

The khaki items are reinterpreted by this year's Council of Fashion Designers of America/Vogue Fashion Fund winners Albertus Swanepoel, Alexander Wang and the two designers behind the Vena Cava label, Lisa Mayock and Sophie Buhai.

The partnership between the giant retailer and the CFDA/Vogue Fashion Fund was established to elevate the profiles of young, up-and-coming designers. This marks the third year in which Gap has featured these special collections.

The limited-edition khaki collection is now on sale at the Toronto Eaton Centre, Bloor St. W. and Yorkdale Gap locations only.

But don't expect a basic khaki pant — the designers are among the hippest names emerging in American fashion today. The basic beige workman's fabric has been reworked into cool items that reflect each designer' s signature look.

And bets are already on that it will be the cropped motorcycle jacket by Alexander Wang — one of the hottest labels in New York and a favourite of models — that will be first to sell out. TORSTAR NEWS SERVICE

Clockwise from top left: moto trench by Alexander Wang, $94, hat by Albertus Swanepoel, $44.50, sleeveless zip dress by Bena Cava, $94, and boyfriend pant by Vena Cava, $74.50.

Yoga jeans, $110, have a 92 per cent shape memory built into the material which means zero sagging in the butt or knees.

Yoga jeans equal super comfort

JANINE FALCON
For Metro Canada

TREND Yoga Jeans are not jeans to wear in yoga class.

Made from brushed cotton denim with three per cent elastane, they're super stretchy so they'd be far more comfortable for downward dog than you'd expect — and the waistband won't gape.

But with their deep, inky washes and flattering fit that make legs look miles long and lean, Yoga Jeans will work better with that hot top you bought to wear on Saturday night.

Cut in mid- and low-rise skinny, straight, flare and boot-cut styles, as well as an ankle-length summer pant, Yoga Jeans (about $110) are the hottest pants in town. Made by Canadian company Second Clothing, they have a 92 per cent shape memory versus the industry standard of 64 per cent, which means zero sagging in the butt or knees.

That stretch factor also makes the skinny jeans more comfortable behind the knees (one happy customer demonstrated with deep-knee bends for her co-workers). The aforementioned waistband is another marvel: Constructed of six individual pieces, it seriously won't gape when you bend or do the plow pose.

Yoga Jeans come in sizes 24 to 34 and with an inseam that can hit 33 in the larger sizes. They're available at Jean Machine, theshoppingchannel.com and at shopgirls.ca. (Shopgirls exclusively carries the new high-rise boot cut for the anti-muffin-top crew). The brand is set to hit the U.S. and Europe this fall.

Kenya's**Style**

Kenya Hunt

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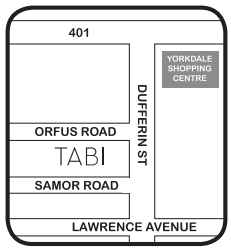

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BEAUTIFUL ESCAPES

GUCCI WESTMAN
Global artistic director, Revlon ● Vacation 2009
"I just came back from the Turks and Caicos and loved it!" ● **Favourite holiday sun spots** "Barbados, Ramatuelle and Hawaii." ● **Pre-holiday prep** "Go for a manipedi, dye my lashes, get my roots done, prep my body for exposure and shop for summer dresses and a new bikini." ● **Favourite cocktails** "Caipirinhas, bellinis and, on a summer holiday, chilled rosé." ● **Favourite indulgence** "Fresh grilled fish." ● **Packing essentials** "A new swimming costume, a great beach bag, a deck of cards, a great sundress and a hat." ● **Favourite self-tanner brand** "Decléor." ● **Favourite bathing beauty** "Ursula Andress."

Gucci Westman with her husband and son in the Turks and Caicos

Decléor Aroma Sun SPF 10 Hydrating Tinted Self-Tanning Gel-Cream ($35)

Editors' Pick

WILD BUNCH

If your summer travel plans are shaping up to be more of a staycation than a trek through the Amazon, at least you can pretend, a la Where the Wild Things Are, with Smashbox's safari-inspired Untamed collection.

Smashbox Untamed Waterproof Shadow Liner Trio ($31)

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Mustard helps to bind sauces and emulsify oils in vinaigrettes and mayonnaise. Begin making vinaigrette with prepared mustard, whisk in vinegar or lemon juice and then slowly whisk in oil. Season to taste. METRO NEWS SERVICES

Food

In celebration of Canada Day, Mandarin is inviting Canadians to enjoy a free meal on July 1st at any of its 21 restaurants, all located in southern Ontario.

METRO NEWS SERVICES

Free buffet!
Mandarin will open at noon for the first seating and will seat customers until 8:30 p.m. No reservations. Bring proof of Canadian citizenship and visit mandarinbuffet.com/events.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Spread a little national pride

Our home and native land is the mustard capital of the world — spoon up!

À la carte

Barb Holland
metronews.ca/alacarte

Did you know? Canada grows more than 90 per cent of the world's mustard seed — mostly in Saskatchewan, the real mustard capital of the world. Canada is also home to the largest and oldest mustard mill in the world.

Cultivated for at least 5,000 years, mustard is the oldest condiment known to man and is the world's third most important spice after salt and pepper.

Mustard is made from crushing the seeds of the mustard plant. The tiny seeds, about 250,000 per pound, are very pungent. There are two main types of mustard seeds: The relatively mild white or yellow mustard seed and the stronger brown or Oriental mustard seed.

To make the condiment, the seeds are crushed into a powder and mixed with liquid (wine, vinegar, beer, water) and various spices, such as turmeric, to form a paste. Brown mustard has a dark brown seed coat and is used in Dijon-style mustards and also used in combination with yellow in English-style mustard.

Prepared mustards can range from mild yellow to hot peppery brown to very spicy mustards. No Canadian fridge is likely to be without a least one jar of this quintessential condiment. And it goes well beyond a hamburger and sandwich spread. Here are just a few suggestions:

- Mustard is a must with ham and wonderful with pork — combine equal amount of mustard with maple syrup or honey and brush on a ham or pork roast, tenderloin or chops near the end of baking or grilling.
- Brush spicy horseradish mustard on a beef roast, then press coarsely crushed black pepper into mustard before grilling.

A simple, delicious sauce

This sauce would taste terrific on grilled salmon, asparagus or drizzled atop potatoes.

Herb Mustard Sauce

This simple sauce is good with grilled salmon, asparagus or spooned over potatoes. Makes about 1/2 cup (125 ml).

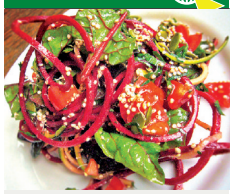
INGREDIENTS:
- 2 tbsp (30 ml) butter
- 4 green onions, chopped
- 1 /4 cup (60 ml) Dijon-style mustard
- 2 tbsp (30 ml) honey
- 2 tbsp (30 ml) fresh lemon juice
- 1 tsp (5 ml) dried tarragon leaves
- Salt and pepper

METHOD:
In a microwaveable bowl, combine butter and green onions. Microwave at High for 30 to 60 seconds to melt butter and soften onions. Stir in mustard, honey, lemon juice and tarragon. Season to taste with salt and pepper.

TIPS:
- Prepared mustard loses flavour and heat as it ages, even when unopened. Purchase small jars, refrigerate after opening and use within one year to preserve quality.
- The mustard plant is a member of the Brassica family. Other members include the cabbage, broccoli and Brussels sprouts — all well known for their nutritional benefits.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

On the web



Global Peasant blog:
- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/global-peasant for Diane's latest kitchen toy — a spiral vegetable slicer — and the salad it creates.

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

National spirit

My wife gave me a cool whisky tasting glass made by Nova Scotia Crystal for our anniversary last week. Though no stranger to a splash or two of scotch; with Canada Day coming up I thought I owed it to the country to break it in with some of our own homemade spirits.

While Canada certainly has a reputation for making fine libations (think beer and wine) the fact that we create darn good whisky seems to have fallen off everyone's liquid radar.

Considering my new thistle-shaped receptacle has its origins in the Maritimes; filling it with a wee dram from our nation's only single malt whisky maker seemed poetic. **Glen Breton Rare ($79.99 - $89.55)** made by Cape Breton's Glenora Distillery is a light, heathery 10 year old with a relaxed, creamy flow of soft, sweet malt.

If you like your hard liquor with more oak-influenced flavour **Danfield's Private Reserve Small Batch Whisky ($24.95 - $26.48)** tastes like an American bourbon but with all the smooth, mouth-filling sweet grain character of a classic Canadian.

A touch of spring water added to each will help reveal more of their rich aromatics no matter what glass you choose to use.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Local Savour

Monsoon
100 Simcoe St.
416-979-7172
monsoonrestaurant.ca
Braised spring lamb shank and shiitake mushroom with fuzzy melon garlic chive and ginger, $8

Monsoon restaurant features an impossibly sexy interior, an impressive (but expensive) wine list and a dinner menu that boasts "Modern rustic Thai." Prices potentially soar up into the fine-dining realm but there are numerous reasonable options. Dishes look so pretty, you'll be almost embarassed to eat it.

MAKING TODAY'S NEWS SWEETER, WITH REAL STORIES THAT WILL MAKE YOU SMILE.

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THOSE DOG DAYS OF SUMMER

With winter's snow a distant memory, and the unpredictability of spring finally tamed, there's a collective sigh of relief: Summer has finally arrived. Here, the 10 best signs of summer:

1. Summer fun. Maybe it's the exposed skin, and the t-shirts and shorts, but there is a sense of energy and vitality that comes with being able to go outside without having to be bundled up against the elements.

2. Warmer days. The days may get slightly shorter after the arrival of summer — the longest day of the year — but it also heralds the official start of warm weather and that feeling that the worst of winter and spring is finally over.

3. Flowers burst to life. After the long dreary winter, gardens across Canada come alive with daffodils and tulips in full bloom, adding colour to our surroundings, and adding an intoxicating scent to the air.

4. Birdsong fills the air. You don't have to be a bird enthusiast to enjoy the songs of chickadees, cardinals, mockingbirds and sparrows that ring out at dawn and dusk.

5. Farmer's markets. Every summer, more weekly markets crop up across Canada, providing high quality, local produce that offers incomparable taste — and fresh from the field goodness.

6. Barbecue season starts. All across Canada, families start firing up their grills, cooking up delicious fare outdoors.

There is a sense of energy and vitality that comes with being able to get out and enjoy the summer sun.

7. Patios open. Nothing says summer has arrived like the sight of sun-bathed diners enjoying an alfresco meal. When summer hits, sidewalk cafes are the place to be, as are those intimate courtyard dining spots.

8. Communities come alive. With warmer weather and longer days, communities reunite, as people get out walking, tend to their gardens and stop to chat with one another.

9. More people bicycle. You know it's summer when the roads and recreational trails team with bicycles. With the more temperate climate, people are more inclined to pedal their way to work.

10. Theatre festivals open. When summer arrives, actors take to stages across Canada — with outdoor festivals taking advantage of beautiful evenings and warm temperatures to draw audiences.

How to tell the economy is rebounding

Although experts caution that the exact timing of economic recovery remains uncertain, over the past couple of months there have been increasingly encouraging signs that the worst of the global recession may be over and the world economy is rebounding. Here, the top five positive signs:

1. Global manufacturers are showing signs of improvement. Not only did U.S. construction spending rise in April, but in May industrial activity in China (the world's third-largest economy) expanded.

2. Stock markets and oil prices around the world have risen to reach their highest levels in seven months as investors are regaining their confidence.

3. Canadian banks – considered by the World Economic Forum to be the soundest in the world – are showing better-than-expected results and reporting modest profits.

4. Canada's housing market is improving. Real estate experts attribute the upturn to first-time buyers who are stepping back into the housing market due to lower prices and interest rates, which in turn, is having a domino effect and strengthening the overall housing market.

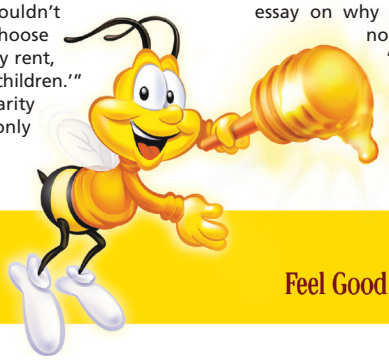
5. The Canadian government rolled out a $12-billion, two-year infrastructure stimulus spending program last month to kick-start Canada's economic rebound.

Offering women a new beginning

For many women in Toronto, Denise Whitter, founder of New Beginnings Support Program, is like a fairy godmother. Denise started the charity in 2003 to improve the lives of women and children in need by empowering women to become confident, self-sufficient, and employable. "We found women would get training and end up in minimum-wage jobs and still couldn't support their children," explains Denise. "I strongly believe women shouldn't have to choose 'Do I pay my rent, or feed my children.'"

The charity not only provides women with job coaching for fields like office administration, but also liaises with potential employers. Their annual fundraiser, Wedding Bliss, takes place on June 20 at the Ted Rogers School of Management in Toronto, where brides-to-be can pick out donated wedding gowns, worth thousands of dollars, for between $50 and $200.

There will also be a contest for 10 lucky women to win a free wedding gown. To enter, simply write a short essay on why you or a person you nominate have been a "local Angel" in the community and are deserving of a free wedding gown.



Breaking out the family fun

When it comes to quality family time, most people opt for going to the movies or renting one together. As fun as this is, watching a movie doesn't actually involve group interaction though. One activity that does create a great bonding experience for your entire brood is a games night.

So designate a specific night on the calendar, turn off the cell phones and the T.V., and get out the board games for some good old-fashioned family fun. Instituting a weekly games night for your family allows uninterrupted time together – an increasingly rare occurrence in our time-crunched lives.

There are a plethora of games to choose from including time-honoured favourites like Yahtzee, Scrabble, Chess and Monopoly.

Not only does a games night bring you closer together as a family unit through face-to-face interaction, but it teaches kids some basic life lessons in an informal way including co-operation and teamwork, honesty and playing fair, understanding and accepting both winning and losing, making choices and accepting the consequences, and patience. This is one family tradition that's sure to become an instant hit for years to come.

Feel Good Stories brought to you by Honey Nut Cheerios. EVERY DAY COULD USE a touch of honey

Snap! Crackle! Pop!

As a proud supporter of Breakfast Clubs of Canada – which provides services and funding to community-based school breakfast programs – for every box of Rice Krispies cereal and Rice Krispies Square Bars sold, Kellogg's will also donate one dollar to Breakfast Clubs of Canada up to a maximum of $100,000. METRO NEWS SERVICES

Personal Gourmet recipe of the month

ROSE REISMAN

Asian Beef Lettuce Wraps with Peanut Sauce

I love the mu shiu served in Chinese restaurants. Minced pork, chicken or beef with hoisin sauce and vegetables is served in lettuce leaves or flour wraps. They're high in calories and fat due to extra oil and the fattier quality of the beef. These homemade ones taste great and they're leaner. The peanut sauce is made with light coconut milk.

BRIAN MACDONALD

INGREDIENTS:

2 tsp vegetable oil
1 cup chopped onion
½ cup diced carrot
¾ cup diced red bell pepper
12 oz extra-lean ground beef
¼ cup light coconut milk
2 Tbsp natural peanut butter
4 tsp low-sodium soy sauce
4 tsp rice wine vinegar
2 tsp sesame oil
1 ½ tsp minced garlic
1 tsp honey
1 tsp sesame seeds
1 tsp minced fresh ginger
½ tsp hot Asian chili sauce
¼ cup chopped cilantro or parsley
¼ cup chopped green onions
8 large Boston or butter lettuce leaves

METHOD:

Spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium-high heat. Sauté the onion until browned, about 5 minutes. Add the carrot and bell pepper and sauté for another 8 minutes, until the vegetables are tender-crisp. Add the beef and sauté until no longer pink, about 4 minutes.

Combine the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, garlic, honey, sesame seeds, ginger and chili sauce. Add to the beef mixture and simmer for 3 minutes.

Stir in the cilantro and green onions. Divide among lettuce leaves and roll up or allow your guests to roll their own.

PREP TIME: 15 MIN
COOK TIME: 20 MIN **SERVES 4**

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

Nutritional Info PER SERVING

Protein:	21 g	Saturated fat:	4.2 g
Fibre:	2.8 g	Carbohydrates:	12 g
Fat:	16 g	Calories:	276

This Canada Day, let them eat cake

The kids can help make this super-simple treat

Smucker Foods of Canada gets into the spirit of the season with the launch of its new Smucker's Sundae Syrup Strawberry Syrup just in time for Canada Day.

In honour of the Canadian launch, the Company enlisted the help of Baking Specialist Sarah Palter to create a patriotic dessert. The result: a festive red and white Canada Day Ice Cream Cake that's fun for the kids to make and a delicious way to celebrate any special occasion.

Smucker's Canada Day Ice Cream Cake

"Everyone is always looking for impressive dessert ideas without the hassle of a complicated or expensive recipe," says Palter. "The Smucker's Canada Day Ice Cream Cake is a definite crowd pleaser and it takes less than 15 minutes to make."

Makes: 20-25 servings
Prep Time: 10 minutes
Freezing: 2-3 hours

This Smucker's Canada Day Ice Cream Kake is a snap to make.

INGREDIENTS:

- 2 packages (410g/6 mini rolls each) individually wrapped jelly rolls, sliced in 4 even pieces
- 8 cups (2L) vanilla ice cream, softened
- 1 cup (250ml) Smucker's Sundae Syrup Strawberry Syrup
- Additional Smucker's Sundae Syrup Strawberry Syrup for garnish

METHOD:

Line a 12 cup (3L) metal mixing bowl with plastic wrap. Then line inside of bowl with a single layer of sliced jelly rolls, allowing them to overlap if necessary. Reserve remaining pieces for top.

Fill with 2 cups (500ml) of ice cream and cover with 1/5 cup (50ml) of syrup. Continue layering ice cream and Smucker's Sundae Syrup Strawberry Syrup, ending with ice cream. Cover with remaining jelly roll slices.

Cover bowl with plastic wrap and freeze until firm, 2-3 hours.

To serve, remove plastic wrap from top, then invert onto a serving dish, remove the rest of the plastic wrap and garnish with additional Smucker's Sundae Syrup Strawberry Syrup.

METRO NEWS SERVICES

It's ice cream season

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Urbanizing Burlington

Suite Talk

BRIAN COULTON
for Metro Canada

Precast concrete and glass mark the new Ironstone Condominiums development, which aims to bring a bit of urbanity to Burlington, Ont.

The complex, located at Appleby Line and Ironstone Drive, was conceived by Toronto architecture firm raw design, and it's one that Renee Bourgon, marketing and communications director for the condo's developer, Davis-Smith Developments said is intended to match modern high-rise design with community.

"We've created a building where retail is along the Appleby front, so it creates a bit of a more pedestrian-friendly community and more vitality around the building," she said. "On the Ironstone Street side, we've also done walk-ups — what we call office retail spaces. They're two-story, designed similar to a loft, but they're street fronts, so they can be used for home offices and smaller retail spaces."

Ironstone's mixed-use nature continues from the ground up. Atop the building sits a 15,000 square foot rooftop terrace with seating areas, an outdoor barbecue and fireplace. "It's almost like marrying the best of both worlds," said Bourgon, "the capacity to have your own backyard, but have maintenance-free living."

Within the suites of Ironside, also fashioned by raw designs, with select finishes designed by Toronto's full scale + partners, Bourgon said there exists a fusion of urban and contemporary design to reflect modern condominium owners.

"It's comfort and design minimized for that clean palette and fresh living space.

It's a classic look, but a refreshing colour palette of grey, white backdrops and splashes of green for that energizing feel."

Minimalism is also present in the suite's fixtures. From simple kitchen cabinetry to express a fresh, clean look to the one-piece bathroom vanity that emphasizes clean lines, Bourgon said maximizing the suite's potential was always a conscious component during design.

Suites at Ironstone Condominiums range from 460 to 1,140 square feet. Prices start in the $160,000s and reach the $300,000s. For more information, visit ironstonecondominiums.com or call 905-315-8100.

Seen here are some exterior shots of Ironstone Condominiums in Burlington. For more on Burlington see page 48 for our special Living in Burlington section.

Some help for the cottage woes

LegalMatters

Jeffrey D. Cowan
jeff@cowanlaw.ca

Q My father passed away a couple of years ago and left the family cottage to my brother and my two sisters. One sister lives in the U.S. and has no interest in the property. Both my brother and sister have expressed ongoing interest in using the property, which has lead to some fairly major problems. My brother is no longer talking to my sister and we are fighting over maintenance fees. What should we do?

A Certainly a loaded question that I can't properly address in this short column but I can point you towards some potential solutions.

The first piece of advice I can offer is, you need to open a discussion between all the parties to clear to air (this probably should not be done sitting around the dining room table at the cottage). Perhaps the best solution is to buy out the uninterested parties and leave those who still want to enjoy the cottage to work out the best sharing solution. If parties can't agree, then maybe the property gets listed and sold. Period.

Jeffrey Cowan is the principal with Cowan Taylor and McGee, Barristers & Solicitors. The information in this article should not be relied upon as legal advice.

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Monarch

Canadian Gardening Magazine
Read more in the June issue of Canadian Gardening magazine.
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Outside Decor

Canadian Gardening

By any other name

Modern roses exhibit the sensuality of their ancestors while offering the ease of care gardeners have long desired.

Written by Judith Adam, photography by Jerry Pavia

Thirty years ago I bought my first roses, all mid-century hybrid teas such as Mister Lincoln and Oklahoma (both bred in 1964), with award-winning performance and big, lush blooms.

The summer passed in a conscientious flurry of preventive spraying schedules, precision-timed fertilizer applications and increasing dissatisfaction with the results.

Despite obsessive attention, these plants would not thrive. I didn't know my blue-ribbon roses were bred to produce exhibition-quality, large-petalled flowers at the expense of pest resistance and vigour. Every green aphid was a fanged monster on their tender tissues, each stray fungal spore ballooned into a colony of dreaded black spots. With more and better information I might have made different selections.

But as it was, my award winners all dwindled through the summer and met a wintry death. Since that season of discontent, much has been achieved in developing modern roses with inbred resilience to the harsh realities of climate and ecology. Plant breeders have turned their gene-mixing skills to developing beautiful roses that are repeat blooming, are able to persist through insect and disease problems, and grow vigorously. Easy-care modern roses have long bloodlines carrying healthy genes from past centuries.

In recent years, I've grown the modern coral-pink climber America, a disease-resistant garden workhorse with the genes of 89 rose ancestors, dating back to 1859. Yellow-pink Morden Sunrise (Canadian bred in 1999) is another winner in my garden; thriving without winter protection and exposed to the west wind, it's not fazed by the usual hardships of budworms and leaf spots (though admittedly, Japanese beetles are entranced by the fragrance). Lest you fear that high petal count, deep scent and voluptuous form have been sacrificed, have a look at the Austin English roses developed from classic antiques married to modern cultivars. Rose breeder David Austin's crimson red William Shakespeare 2000 is typical (if one can use that term to describe a masterpiece) of the lushly perfumed, full petal count, disease-resistant English roses that are both easy-care and modern.

Similarly, my container-grown, glowing pink floribunda Sexy Rexy (which enjoyed garage storage over the winter), hasn't sacrificed its classic double form in acquiring disease resistance. This season I'll be planting two favourites I call the party girls: Iceberg, a white floribunda; and Penelope, a pink hybrid musk — both with prettily frilled, semidouble petals like ballerina skirts, provocative stamen displays and clean foliage all summer.

How easy is it to grow modern roses? With their strengths, rose care is reduced to meeting basic needs. Choose a sunny site and provide loamy, well-drained soil (topsoil, peat moss, and sand in equal proportions) in the planting hole. Irrigate once weekly in the morning (more often during dry spells), allowing nine litres of water for each plant.

Use a soaker hose to flood the soil and keep foliage dry. Provide growth-enhancing supplements such as Epsom salts and composted manure, and meals of commercial fertilizer. Your garden will be primed for a party!

Winter conditions in northern gardens are severe; even a rose that can survive in your zone will benefit from winter protection.

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New condo amenity: Chicken coop?

HomeScape

Keeping chickens in urban areas has been gaining a lot of interest as of late.

In the old days, chickens wandering and scratching around the house may not have been such a shocker, but it certainly would be an eye-grabber in the city in this day and age.

Or would it? Recent news coverage in Toronto and other urban centres has shown that the idea of keeping chickens has gained a lot of interest in the city. It seems to be an idea whose time has arrived (again).

After decades of happily ingesting processed foods made of a long list of chemicals and other substances not encountered in nature, people are starting to ask questions about what they are eating. One solution is to produce the food yourself. In the same way you know precisely what goes into the vegetables you grow in your garden, you would know what has been fed to your chickens, and how they are kept or treated.

But before you rush off to build your chicken coop, keep in mind that the notion of keeping chickens in the city is one that many communities are still wrestling with. Check with your local government. If it is illegal in your city, and you would like it to be legal, get busy lobbying. Check online under urban chicken or city chicken — you'll find lots of allies.

Toronto's bylaws currently prohibit chickens due to health reasons (although that hasn't stopped some urban chicken keepers), and to be fair, some councillors have come out in favour of the idea. But smaller cities such as Guelph, Brampton, and Niagara Falls in Ontario, and Victoria and Surrey in British Columbia do allow urbanites to keep chickens provided certain rules are followed. These usually have to do with the number of chickens you may keep, minimum lot size, or distance of the coop from lot lines. One rule that almost all chicken-friendly municipalities have is — no roosters. This is because roosters try to impress hens by cock-adoodling at all hours of the day, enough to drive you bonkers. Hens can cackle, but are much less vocal than crowing roosters.

Mostly, people who keep hens want eggs. Slaughtering hens for the purposes of a good chicken meal is another benefit, but many urbanites who raise chickens tend to shy away from this. They get attached to the chickens, who can actually be quite companionable.

One thing is true of home-raised chicken. I can tell you from past experience that both the meat and particularly the eggs of home-raised chickens are delicious, and often bear very little resemblance to some of the much blander commercially-produced chicken and eggs. I swear the best eggs I've ever eaten were bought from a ramshackle farm with wandering chickens near a cottage we used to visit — the yolks were bright yellow and the flavour unapologetically rich and flavourful.

If you are even remotely considering the idea of keeping chickens, rest assured that it involves work, and the whole affair is quite a commitment, as anybody who has ever been exposed to livestock can tell you.

Chicken tips

- Chickens need to be fed and watered at least once a day, and possibly twice. Old or damp food or dirty water needs to be removed and replaced daily to avoid spoilage and ultimately, sick chickens.
- And speaking of sick, make sure you have the name of a bird vet on hand. You will need to routinely watch your chickens for any signs of problems so you can take immediate action.
- The chicken coop which is used by the chickens to lay eggs, sleep and get out of the weather, needs to be cleaned once a week.
- Don't scrimp on materials when you build your coop. It will need strong materials which will protect your chickens from predators.
- As for size, a good rule of thumb is to provide four square feet inside the coop per chicken.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Compiled with publicly available information. Send recent home sales to soldhomestoronto@metronews.ca. Not all submissions will be used.

Home sellers should strike while iron's hot

This real estate market of ours really is quite remarkable isn't it? When times were seriously rough it seemed as though the sky was falling. And now? Well it seems the weather isn't the only thing that's been heating up lately. Prior to this month I'd dealt with just three multiple offer situations all year. In June alone, I've already dealt with eight! So what does all this mean? Has the market really turned? Are all the deals gone? Here's an insight.

When it comes to real estate it seems the general consensus dictates market trends. During late 2008 and early 2009, as I've suggested here many times, the darkest times were driven more so by panic than anything else. That's why I knew that around mid-2009 a positive shift in the market would be imminent. Having said that, I certainly did not expect the extreme Dr. Jekyll-Mr. Hyde act our real estate market has pulled. Yet again, however, it is consumer opinion — in this incidence confidence — that is the fuel lighting this rocket ship to the moon once more.

As it usually does, the truth about how hot our market really is or, more accurately, how healthy our market really should be, lies somewhere in between the grim reaper days of January and this June of the second coming.

If buyer Kate was waiting to take advantage of the buyer's market this year and decided to wait into the summer months, unfortunately she won't be finding the same type of bottom-end prices she may have a few months back. However, if Kate's looking at one of the city's most popular/prestigious areas, which have suddenly ballooned out of control, she might do well to at least entertain the thought of waiting perhaps a month or two longer. The hope in such an assessment would be a result that reveals prices stabilizing again after the summer rush. While I don't believe waiting will benefit every, or even most, buyers, I do believe that some would do well to consider it. It all depends of course on the specifics of Kate's circumstances.

Now if seller Keith has aspirations to move this year, now is absolutely the time for him to do so. Keith should be looking to take immediate steps — begin by seeking the guidance of a trustworthy realtor who comes highly recommended by a reliable friend even after their sale — to take advantage of what I believe to be an overall temporary spike in our real estate market, for summer 2009.

One tip I would like to share with all of you who have even the slightest notion of making a move this year is to consult with a mortgage professional, get a pre-approval done, and lock in today's interest rate. Rising real estate prices tend to play smoke to the fire that is rising interest rates and the past few weeks have proven this theory positive. The most important thing to remember, if you are considering any sort of a move in the near future, is to begin by giving yourself as much time a possible to educate yourself on the market.

Amit is a Realtor/Developer with Re/Max. amitp@rogers.com

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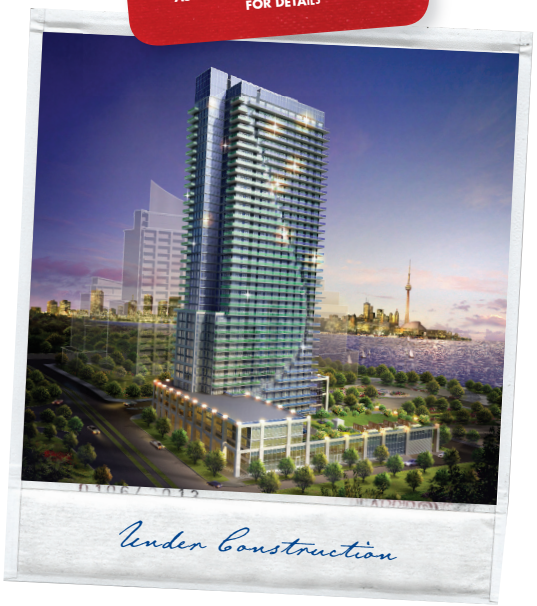

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Monarch

Decor
Read more in the July issue of STYLE AT HOME magazine.
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Fabulous flea market finder

Indie Design

Move over, Madonna! Meet Eddie Ross — the King of Reinvention, who's known for his knack for breathing new life into old treasures. At only 31, the master of the flea market makeover — and HGTV Top Design contestant — has made a career of "creative upcycling" at the likes of House Beautiful, Country Home and Martha Stewart Living magazines. Style at Home interviewed this self-professed collectaholic.

NATHAN KOTHAR PHOTO

Eddie Ross

Q What makes reinvention such an attractive process to you?

A It allows you to become your own designer. When I'm out junking or at a flea market, I can instantly see the difference that wallpapering the top of a dresser and layering a piece of cut glass over top will make. A lot of the pieces I find are dated but have really pretty lines. Updating them by changing out the hardware or replacing cracked glass with mirror gives them new life. And when you put all that blood, sweat and tears into something, it becomes your creation. That's what's so fun about the whole process.

Some of Eddie Ross' finds and recreations.

Q How do you make the most of a junking trip?

A Keep an open mind! For instance, maybe you're looking for a dresser at the thrift store, but instead you find a secretary with beautiful lines. It may not be exactly what you were looking for, but the piece has drawers and concealed storage, and once you paint it white and change out the knobs, it works.

Q What's your plan of attack when shopping?

A The early bird gets the worm, but the late bird gets the deals! At the end of the day, dealers would rather make less money and unload their wares than pack them up. The other thing I'd say is to begin in the back of the flea market because everybody starts in the front. That way, you can beat people to all the good stuff!

Q What's your bartering style?

A Never insult a dealer by offering too little — that will get you nowhere. Dealers work hard, and you want to work with them. When something is $100, I'll offer $75. I always like to barter at a fair price.

Q What kind of homework would you suggest people do before they go treasure hunting?

A There's such a big difference between good and bad silver plate — there was a ton of stuff made in the '50s and '60s that wasn't as good quality as pieces from the '20s, for instance. Research what you like so that you know specifically what to look for – markings, weight, patterns, for example. You'll be better able to spot deals, too. Being educated makes you a better collector.

–WRITTEN BY BRETT WALTHER

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Too good to be true then...

Buying a **Home**

ROBYN YOUNG
for Metro Canada

Metro reporter Robyn Young will be taking readers on a whirlwind tour of the trials and tribulations of buying her first home. Check back every week for her accounts.

I'm beginning to realize that house hunting is a lot like dating: If it seems too good to be true, it probably is.

My first time out for viewings with my agent, we visit a huge cross-section of places in hopes of narrowing down what I'm looking for.

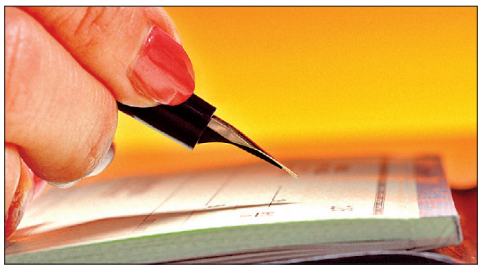
We look at a selection of condos in the "Upper Beach" area, in addition to a house and a loft in Leslieville.

I come to the conclusion that the "hard loft" or authentic loft is not quite my style with the pipes, columns and polished concrete floors. I also discover that the condos in the upper beaches are much smaller than they appear online and seem very cookie cutter and boxy. And the house is … well … just a little depressing with a slanted second floor, old, dirty carpeting and a sad looking family staring at us solemnly as we wander from room to room.

I'd had high hopes for these places after seeing their photos online, but they came smashing down the minute we walked in the door and I go home feeling a little defeated.

The next week, the perfect little house pops up in my property matches. It's in exactly the area I want to be: Close to Queen Street and on the way to The Beach but without the expense of living in The Beach.

It's lovely with two bedrooms and two bathrooms, completely renovated with dark hardwood floors and kitchen cabinetry and has a beautiful little backyard and new patio. It's tiny but perfect and I can't believe I've found my dream home my second week of looking.



A cheque arriving late can dash hopes of owning your dreamhome.

When I email my agent about the property that weekend she says it's already been sold and all my hopes are dashed. But on Monday, she calls back saying the sale fell through on financing and she's booked us a viewing for Wednesday evening.

I'm already planning backyard barbecues and finally hosting Thanksgiving dinner for my family.

On viewing day everything checks out on the inside as well. My agent, who grew up with a family in the construction business, is even impressed with the quality of the reno and gives it the thumbs up.

"I want it!" I say confidently after a quick tour through. Surprised by my enthusiasm, my agent laughs a bit and then says, "Really?"

"Yes, I want it," I repeat.

"Okay, let's get on it then, this will probably go fast," she says.

"Do you have about $10,000 for a deposit ready?"

This is something I didn't realize I'd need right away, but I do some quick figuring in my head and decide that yes, I could probably pull that together pretty quickly.

My heart is racing as she dials the number of the realtor responsible for the home and a million things are running through my mind at once: Should I call my mom? Can I really afford this? What am I doing? Will my sister like it? Have my parents gotten rid of their old lawn mower yet?

"It's been sold conditionally," my agent says apologetically.

It doesn't quite sink in, because I'm still in the middle of thinking about what colour couch I'll get and where I can get the best deals on patio furniture.

I knew it was too good to be true, I think to myself.

My agent gives the realtor a lecture for allowing viewings to continue when he knows the place is sold and he gives a lame excuse explaining they were waiting for the cheque, which arrived that afternoon.

We spend the rest of the evening unenthusiastically looking at places that I have no interest in. "Well, it just wasn't meant to be; something better will come up," my agent says.

I guess this is all part of the game.

Home sales rose, prices plunged

UNITED STATES Sales of previously occupied homes rose modestly from April to May, the third monthly increase this year, but signs of a housing recovery are fragile at best.

The U.S. National Association of Realtors said Tuesday that home sales rose 2.4 per cent last month to a seasonally adjusted annual rate of 4.77 million, from a downwardly revised pace of 4.66 million in April.

About one out of every three homes sold was a foreclosure or distressed sale. That helped drag down the median price to $173,000 — 16.8 per cent below a year ago. Falling prices coupled with new rules for property appraisers have caused many transactions to fall apart or be delayed.

"We have just been flooded with emails, telephone calls on the appraisal problems," said Lawrence Yun, the Realtors' chief economist.

The sales results missed economists' expectations, and stock markets headed lower on the news.

THE ASSOCIATED PRESS

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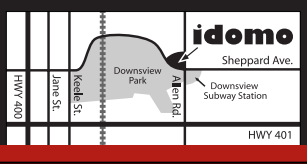

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Want ribs? Burlington has 'em

Canada's Largest Ribfest is an annual festival held in Spencer Smith Park by the lake shore in Burlington. It was started in 1995 by The Burlington Lakeshore Rotary Club. The Ribfest runs for four days during the Labour Day weekend. METRO NEWS SERVICES

GTA's charming oasis

City nestled between Toronto and Hamilton and sandwiched by the lake and Niagara Escarpment

The best of Burlington

- Best place for a picnic: Spencer Smith Park
- Best cup of coffee: Lakeshore Coffee House, down by the water for extra charm with your bean juice
- Best slice of pizza: Fantastico Pizza — if you're feeling brave, their Jumbo pizza is almost two feet in diameter.
- Best sports bar: Coronation Sports Bar & Grill — family owned and friendly, locals affectionately call it "The Corn."

RAFAEL BRUSILOW
for Metro Canada

A sense of community and a desire for better living permeates throughout Burlington, Ont., and its residents wouldn't have it any other way.

Like a perfect place to lay your head after a long journey, the city of Burlington is a charming oasis of calm at the geographic heart of the hectic, thriving Greater Toronto Area.

Family-owned cafés and flower markets linger next to chiropractic clinics on Brant Street in the city's downtown core, where everything seems purposeful yet uncomplicated.

The city is thrust, both literally and symbolically, between competing sets of juggernauts: the larger cities of Toronto and Hamilton, which compete for Burlington's favour and the alternating pulls of Lake Ontario and the majestic Niagara Escarpment, which compete for its heart.

For Burlington mayor Cam Jackson, the city's unique geography is key to understanding its appeal.

"I always tell people that our doorstep is on Lake Ontario and out backdrop is the escarpment — our city is held together by two magnificent pieces of geography," Jackson said.

With tree-lined residential streets, large lots and unique, era-hopping houses — which most certainly were not plunked down identically en masse — life in Burlington offers the kind of charm and variety often only seen deep in the countryside — not a short drive from a metropolis like Toronto.

Housing roughly 172,000 people, the well-maintained city of Burlington has an earned reputation as a great place to live for people who work throughout the GTA and appreciate living in a place with a strong sense of community. Compared to many bedroom communities, Burlington residents like to get involved in the daily life of the city with a steady stream of festivals, fundraising events and community programs for adults, children and seniors alike. The goal, Jackson says, is to ensure that everyone in Burlington feels like part of a larger family where everyone joins in.

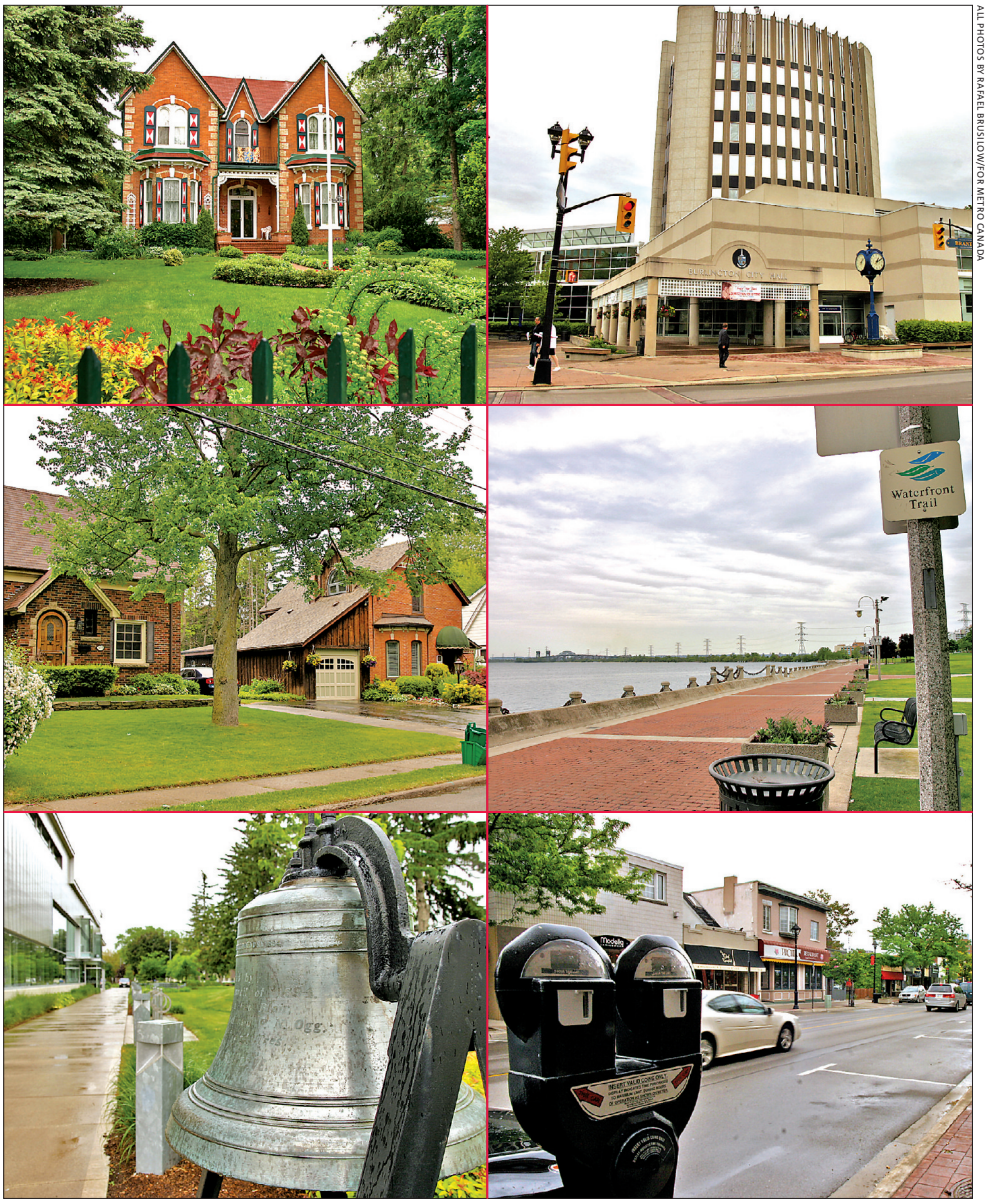
"People are at the heart of every community — it's the people who will cause you to stay. If you're going to live in Burlington, get ready to participate!" Jackson said.

Founded in 1874, Burlington stayed relatively small until blossoming quickly after the end of the Second World War, jumping to a population of 100,000 by the early 1970s and continuing to rise up to its current total of 172,000. The relative youth of the city and its architecture is a great benefit to people looking for the character of a pre-1900 city with the fixings of a fully-equipped, modern city where crime is low and quality of life is high.

"Because we're a relatively young city, it's a very big advantage to us because our infrastructure is not as tired," Jackson said.

One of the city's biggest draws is its expansive, impressive waterfront which includes one of Canada's longest publicly-owned beaches in Ontario starting at Spencer Smith Park.

CONT. ON NEXT PAGE>>



ALL PHOTOS BY RAFAEL BRUSILOW/FOR METRO CANADA

Clockwise from very top of page: A winding trail in Spencer Smith Park; Burlington City Hall; the waterfront trail in Spencer Smith Park; cars speed by a traffic meter on Brant Street in downtown Burlington; a bell at the town's public library and finally two shots of some of exquisite and non-cookie-cutter houses that line the streets of Burlington.

Famous people
Konrad Ng, a professor at the University of Hawaii and brother-in-law of U.S. President Barack Obama, is native to Burlington. Robert Bateman, an acclaimed naturalist painter, is from the town too. METRO NEWS SERVICES

McMaster to expand to Burlington

>> CONT. FROM LAST PAGE

The park's Waterfront Trail offers unobstructed views of the lake, a bench-lined walkway great for summer walks and groomed park space perfect for a family picnic.

For residents like John Horvat, 39, Burlington embodies a sense of peace and calm hard to find anywhere else in the GTA. Horvat moved to Burlington 12 years ago from his hometown of Hamilton to be closer to his workplace in Mississauga and now happily raises his two four-year-old twins in the city.

"There's just lots to do for families here and I feel it's a great city for my kids to grow up in. It's a little slower-paced here, which is perfect for me," Horvat said.

Community-conscious homeowners aren't the only ones heading to Burlington — McMaster University is transplanting its MBA program to Burlington this year to capitalize on the city's close proximity to Toronto, Mississauga and Hamilton in a move the university expects will triple enrolment in the program.

The city is also starting construction on the new Burlington Performing Arts Centre on its waterfront, which will cost $36 million to complete and will be the largest building project in the town's history. Slated to open in 2011, the centre is expected to become a centrepiece for culture and entertainment in the city as well as a hub for community events.

"There's just lots to do for families here and I feel it's a great city for my kids to grow up in.
Burlington resident John Horvat

ADVERTISING FEATURE

BURLINGTON – Paradise of the GTA

Affordability and lifestyle rank city 4th among "Best Places To Live In Canada"

Looking for a hidden paradise? Try Burlington. That's how MoneySense Magazine introduced the city in its survey, Canada's Best Places to Live 2009. After a study based on 154 cities, the magazine ranked Burlington as the fourth best place to live in Canada.

Placing among the top five Canadian cities is no small feat. The magazine based its findings on 24 factors including; prosperity, growth, affordable housing, job opportunities, weather, cultural activities, health care, whether people could walk or bike to work, and low crime rate. Locally the results rank the city as the best place to live in the greater GTA, suggesting a quality of life superior to Mississauga, Oakville and Toronto.

Burlington is a waterfront city home to more than 170,000 people. From its attractive downtown to its hip uptown core, Burlington is a vibrant growing community.

Burlington's geography includes some of the country's highest household incomes and most affordable housing options ranging from town homes, lofts and condominiums.

"After a study based on154 cities, the magazine ranked Burlington as the fourth best place to live in Canada."
MoneySense magazine

Burlington offers the most affordable condo living west of Toronto. Among new options, the Strata condominium in downtown Burlington offers magnificent views of Lake Ontario, and is one of Burlington's first residential buildings to apply for Leadership in Energy and Environmental Design (LEED®) certification. Times Square is an exciting vibrant mid-rise condominium residence featuring 90 thoughtful suite designs located in the convenient Orchard Community near Bronte Provincial Park. Ironstone Condominiums is a fusion of design and sustainability that brings an urban sensibility to Burlington's new uptown core, and will be one of the first condominiums to operate from geothermal energy.

The city offers a vibrant cultural life, award-winning restaurants and fantastic shopping, local festivals and an inviting waterfront. For outdoor lovers, the Bruce Trail is minutes away and local farms offer fresh produce in season. There is even a sailing club nestled into the bay.

Burlington's location in the heart of the Golden Horseshoe is good for its economy and wide range of employment opportunities.

With easy access to Hamilton, Toronto and the U.S. border, Burlington is the crossroads of Southern Ontario's industry and commerce. Trend setting businesses may already have figured out what home buyers are now recognizing. Mountain Equipment Co-Op recently opened a Burlington location, Holt Renfrew has a new store that is currently under construction. Celebrity chef Roger Mooking, Food Network host and mastermind behind several Toronto culinary destinations, will also be launching his newest restaurant in Burlington later this summer.

Holt Renfrew has a new store and celebrity chef Roger Mooking, Food Network host and mastermind behind several Toronto culinary destinations will also be launching his newest restaurant in Burlington this summer.

Strata is proud to be among the first condominium buildings in Burlington to apply for LEED certification.

"Burlington offers the most affordable condo living west of Toronto."
www.MyBurlingtonCondo.com

What does Burlington's "best place to live" status mean to homebuyers? With great living options including new condominiums, its value and affordability, and above average quality of life, Burlington may be the hidden paradise you've overlooked.

10 REASONS TO LOVE BURLINGTON

MyBurlingtonCondo.com

Weaver not returning with Ghostbusters

Sigourney Weaver has revealed that she will not be appearing in Ghostbusters 3. In an interview with TV Squad she said: "No, I don't expect to have anything to do with it, although I wish them well." FEMALEFIRST.CO.UK

Entertainment

Next Riddler?

Johnny Depp wants to play the Riddler in the next Batman movie. The Public Enemies star would love to take on the role of the game-obsessed villain in the superhero blockbuster. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Emo-screamo kids grow up

Alexisonfire retains edge while venturing into more mature sound

Alexisonfire

Album: Old Crows/ Young Cardinals
Label: Dine Alone
Rating: ●●●●½

"WE ARE NOT the kids we used to be, stop wishing for yesterday." So goes the chorus of Old Crows, the opening track of Alexisonfire's fourth CD (note: it's yelled, not screamed). Yes, boys and girls, even emo-screamo kids have to grow up, sometime. That's the message deftly delivered here. The members of Alexisonfire were barely out of high school six years ago when they astonished an unsuspecting industry by scoring platinum with a searing debut CD without the help of a major label. Old Crows/Young Cardinals retains the edge of the old AOF while venturing into a maturer sound, more palatable to older ears. The vocal tension between Dallas Green, Wade MacNeil and George Pettit remains, but also produces some remarkable harmonies. Pettit in particular has traded his hardcore screams for an angry, throaty howl. And the social politics he enters in songs like Emerald Street are written with the keen eye of the observer. This is a band that's far stronger than it's individual parts and will hopefully be around for years to come.

Graham Rockingham/for Metro Canada

Regina Spektor

Album: Far
Label: Sire/Warner
Rating: ●●●½

IT'S HARD TO figure Regina Spektor out. The Moscow-born Bronx-raised pianist wowed fans with her dark songs on Begin to Hope, but here she's playing the pure pop princess. Equal parts cute, quirky and just plain weird, Far delivers an eclectic mix of jumpy piano numbers and indie Feist-like sounds. For the most part it works — Eet is a rollicking track with a wicked falsetto — but there are some flops, such as Machine, a plodding, droney tune that sounds too industrial for its own good.

Bryan Borzykowski/for Metro Canada

Ginuwine

Album: A Man's Thoughts
Label: Warner/Asylum
Rating: ●●●

IN THE MID-90S, a young Ginuwine broke onto the R&B scene with a steamy invitation to his personal Pony ride. Since then, the singer has put childish metaphors away, offering A Man's Thoughts on his mature sixth album. But sensible music can still be sensual, like the commitment-minded Last Chance, and Bridge To Love, a bumping duet with Brandy where he promises he's "tired of them games." His up-tempo numbers are less successful; despite reuniting with Missy and Timbaland, Get Involved falls flat.

Jason Richards/for Metro Canada

Old Crows/Young Cardinals is the new album from Alexisonfire.

The Cliks

Album: Dirty Kings
Label: Warner
Rating: ●●●

THE COVER OF this Toronto band's third album promises to deliver some nasty, below-the-belt punches. But the only real dirt here is a sexual tease. The Cliks have streamlined into that of a slickly produced guitar-based power trio. The album comes out of the box bubbling over with hypersexual tension on the opening track Haunted and the title song Dirty King, but settles into the plodding comfort zone of '80s power balladry on Not Your Boy, Red and Blue and eventually slides into the graceful cabaret of Emily. The Cliks are at their best when following the driving lead of bassist Jen Benton. Lead singer and guitarist Lucas Silveira has the potential for achieving major alt-rock divadom. He'll find it easier to achieve by serving up more dirt and less theatre.

Graham Rockingham/for Metro Canada

The Mars Volta

Album: Octahedron
Label: Warner
Rating: ●●●

THE MARS VOLTA'S heavy prog-rock riffs have sent fans of the band members' old band, At The Drive-In, running for the hills a long time ago. And while their fifth disc won't bring back all those followers, this might be the album that'll win over the critics. Octahedron is still loaded with meandering guitars, Rush-like vocals and incredibly complex arrangements, but it's more measured, and less over-the-top than their previous work. The instrumentation is looser, the vocals accessible, and the band's pretension has been dialed back.

Bryan Borzykowski/for Metro Canada

MusicReviews

music@metronews.ca

Voivod

Album: Infini
Label: Sonic Unyon
Rating: ●●●●

OLD SCHOOL METAL played as it should by Canadian masters of the realm. The back story behind this album by the Montreal metal veterans rivals the music contained within. Co-founder Piggy D'Amour laid down the guitar tracks shortly before succumbing to cancer in 2005 so that the other members could pull together one last time. Full-tilt music played with abandon, never trading off emotion for math, Infini opens with the sci-fi theology of God Phones before grinding into the doomed apathy so skillfully sneered by Snake Belanger on Global Warning and the push-to-the-limit guitar on Destroy After Reading. With the help of ex-Metallica bassist Jason Newsted, Voivod pulls off a brilliant tribute to Piggy.

Graham Rockingham/for Metro Canada

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The Pride of Toronto Proud 103.9 NOW Bud Light metro Canadian Heritage Patrimoine canadien OLG

Hear Stallone roar

Sylvester Stallone will play a lion in forthcoming film The Zookeeper. The 62-year-old star has signed up to voice the animal role alongside Adam Sandler, Cher, Judd Apatow and Jon Favreau. FEMALEFIRST.CO.UK

Blagojevivh's wife out of celeb show

TV Illinois' former first lady won't be queen of the jungle.

Patti Blagojevich on Tuesday was voted off NBC's reality TV series I'm a Celebrity... Get Me Out of Here!

She lasted 23 days in the Costa Rican jungle as a replacement for her husband, who was barred by a judge from leaving the state amid his pending corruption charges.

Patti Blagojevich said during Tuesday's episode that her favourite moments on the series include being tossed into a river and making her way out, and speaking to her family over the Internet.

Former Gov. Rod Blagojevich has pleaded not guilty to wide-ranging federal charges, including attempting to sell an appointment to Barack Obama's Senate seat.

Patti Blagojevich has said she did the show because of her family's finances.

THE ASSOCIATED PRESS

Princess ready to rule

TV movie highlights Disney's rising star Lovato

IAN JOHNSTON
for Metro Canada

Disney's latest acting-and-singing megastar doesn't mind missing out on normal teen things like high school. At 17, she just wants to work.

"I'll relax when I'm older," says Demi Lovato, whose last couple of years have included a hit album, a sold-out tour with the Jonas Brothers, the Disney megahit Camp Rock, a sitcom (Sonny With A Chance), and the TV movie Princess Protection Program, airing this tomorrow on Family.

Oh, and there's also a second 2009 album, set for release next month, plus the inevitable Camp Rock 2.

"That's crazy, I know. But I'm doing it. Why not take advantage of it now if the opportunity is there?" says Lovato, who was in Toronto recently for the red carpet premiere of Princess Protection Program.

The comedy is a typically lighthearted fish-out-of-water Disney TV movie about a princess (Lovato) who befriends an American tomboy (Selena Gomez), while hiding out in a small southern town.

Princess is just Lovato's latest project with Disney, responsible for steering the careers of such tween sensations as Miley Cyrus and The Jonas Brothers. Lovato isn't as famous as all that — yet — but she's getting there. Lovato says she's comfortable with fame and being a role model for kids.

"I knew going into Camp Rock I'd become a role model. But I want people to know I'm growing up right in front of you. So I'm going to make mistakes. I want to be a role model for what I do or overcome — not being perfect."

Demi Lovato returns to Disney with the TV movie Princess Protection Program.

Princess teams Lovato with her longtime friend Gomez, another rising Disney star best known for the series The Wizards of Waverley Place. The pair first met as seven-year-olds in Dallas at, believe it or not, a casting call for The Barney Show.

"She was wearing a red ribbon in her hair, and turned around, and asked me if I wanted to colour with her," recalls Gomez.

"I think Disney really likes our friendship because it's honest and genuine. So they wanted to capture that on screen."

Lovato agrees, saying Disney is very particular with the projects it chooses for its young stars.

"They're very hands-on. Very careful. Because they have a large audience that's bigger than others that's very family-oriented. They have to be careful."

"I want to be a role model for what I do or overcome — not being perfect."
Demi Lovato

Princess Protection Program airs tomorrow on The Family Channel

Big bad Callum

Callum Blue, from shows like The Tudors and Secret Diary of a Call Girl, has been tapped to join Smallville in the series regular role of big, bad Zod, says the Hollywood Reporter. He'll first appear in the Season 9 premiere, airing Sept. 25. TVGUIDE.COM

Conan pays tribute to Ed McMahon

TELEVISION Tonight host Conan O'Brien paid tribute to Ed McMahon as a "truly funny man" whose partnership with Johnny Carson on the late-night show is an indelible part of TV history. "It is impossible, I think, for anyone to imagine The Tonight Show with Johnny Carson without Ed McMahon," O'Brien said during Tuesday's show.

"Ed's laugh was really the soundtrack to that show. For 30 years Ed played his part perfectly, he played it with effortless joy," said O'Brien, who became host of Tonight this month.

Sitting alongside Carson, McMahon was part of "the most iconic two-shot in broadcasting history. There will never be anything like that again," O'Brien said. McMahon, who played second banana on Tonight until Carson retired in 1992, died early Tuesday at age 86 after prolonged illness. Tonight paid tribute to McMahon with clip highlights of his years with Carson. THE ASSOCIATED PRESS

Jive-talking robots recall Jar-Jar

Two Transformers characters are being widely derided as racial caricatures

Transformers: Revenge of the Fallen introduces some 40 new mechanized characters of all shapes, sizes and even sexes — but it's a pair of jive-talking 'bots that critics are singling out as more than just harmless comic relief.

Skids and Mudflap, twin robots disguised as compact Chevys, constantly brawl and bicker in rap-inspired street slang. They're forced to acknowledge that they can't read. One has a gold tooth.

As good guys, they fight alongside the Autobots and are intended to provide comic relief. But the traits they're ascribed raise the spectre of stereotypes most notably seen when Jar Jar Binks, the clumsy, broken-English speaking alien from Star Wars: Episode I — The Phantom Menace was criticized as a racial caricature.

Wall Street Journal film critic Joe Morgenstern described Binks in 1999 as a "Rastafarian Stepin Fetchit," a reference to a black character from the 1920s and '30s that exploited negative stereotypes for comic effect. Extending that metaphor to the Transformers sequel was AP Movie Critic Christy Lemire, who calls Skids and Mudflap "Jar Jar Binks in car form."

"(The robots) only exist to talk in bad ebonics, beat each other up and talk about how stupid each other is."
Tasha Robinson

And Manohla Dargis, film critic for The New York Times, takes it a step further, writing that the Transformers characters were given "conspicuously cartoonish, so-called black voices that indicate that minstrelsy remains as much in fashion in Hollywood as when, well, Jar Jar Binks was set loose by George Lucas."

Director Michael Bay insists that the bumbling 'bots are just good clean fun.

PARAMOUNT

Some critics say Skids and Mudflap, twin robots in Transformers: Revenge of the Fallen, promote racial stereotypes.

"We're just putting more personality in," Bay said. "I don't know if it's stereotypes — they are robots, by the way. These are the voice actors. This is kind of the direction they were taking the characters and we went with it."

TV actor Reno Wilson, who is black, voices Mudflap. Tom Kenny, the white actor behind SpongeBob SquarePants, voices Skids. Neither immediately responded to interview requests for this story.

Bay said the twins' parts "were kind of written but not really written, so the voice actors is when we started to really kind of come up with their characters."

"I purely did it for kids," the director said. "Young kids love these robots, because it makes it more accessible to them."

Screenwriters Roberto Orci and Alex Kurtzman said they followed Bay's lead in creating the twins. Still, the characters serve no real purpose in the story, and when the action gets serious, they disappear entirely, notes Tasha Robinson, associate entertainment editor at The Onion.

"They don't really have any positive effect on the film," she said. "They only exist to talk in bad ebonics, beat each other up and talk about how stupid each other is."

Hollywood has a track record of using negative stereotypes of black characters for comic relief, said Todd Boyd, a professor of popular culture at the University of Southern California's School of Cinematic Arts, who has not seen the Transformers sequel.

"There's a history of people getting laughs at the expense of African-Americans and African-American culture," Boyd said. "These images are not completely divorced from history even though it's a new movie and even though they're robots and not humans."

THE ASSOCIATED PRESS

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Beauty vs. geek in Royal Pains

It will be a tale of beauty and the geek when swimsuit supermodel Brooklyn Decker and House star Peter Jacobson play mismatched newlyweds on USA Network's Royal Pains in the July 30 episode. TVGUIDE.COM

Sharp drop in network news viewership

RATINGS The big news in TV ratings last week was how few people bothered to watch the news — the three U.S. network evening newscasts, anyway.

Logging only 4.9 million viewers, the CBS Evening News slipped below five million for the first time on record. And ABC's World News had 6.4 million viewers — a drop of a half-million viewers from the week before, according to Nielsen Media Research.

Not helping matters: ABC's Charles Gibson and CBS' Katie Couric had the week off from their respective anchor desks.

Brian Williams was on duty at NBC Nightly News, which won the week with a three-day average of 7.8 million viewers, down a half-million from the week before.

THE ASSOCIATED PRESS

Laugh and joke till it hurts

Penn & Teller show back with more charlatans to roast

The array of shameless quacks and generally delusional true believers are such easy targets for Penn & Teller that it can feel like they're shooting guppies in a barrel with a missile launcher.

But it sure is fun.

The best part: They'll probably never run out of charlatans to roast.

When you build your kingdom on lies and misconceptions, "you're safe for all eternity. I believe that's in the Bible," Penn Jillette intones with a knowing smile over lunch with Teller in Manhattan.

Their Showtime series Penn & Teller: Bullshit! specializes in debunking conventional wisdom and some widely held beliefs, and it returns for a seventh season tonight with an episode titled Orgasms.

The man-mountain Penn and diminutive Teller focus on the people from whom the sexually dysfunctional should NOT seek help. One is a self-styled sex expert whose therapy sessions are really group sex lessons.

Among their other targets this year: the Vatican, organic farming, astrology and taxes ("which will be a big one," Penn promises).

Penn says their best shows have "a good combination of new information, a good moral stance, and also some funny jokes. And you constantly go with those three: There's the gravity of it, there's the information and there's how funny it is. And those three things are hard to keep in perfect balance."

GETTY IMAGES

Penn Jillette, left, and Teller return with the seventh season of their Showtime series tonight.

Show time

- Penn & Teller's show airs on The Movie Network at 11 p.m.

One of their best is a segment they once did on bottled water and how it's generally no better than what almost every American can get from the tap.

Take away the jokes and the snarkiness, Penn & Teller's series often would do 60 Minutes proud — even though it's more mockumentary than documentary.

"I think we are fair and very biased," Penn says. "And I think that's the way coverage should be. We don't take people out of context. We don't do 'Borat' stuff. We don't do Michael Moore stuff. We try to let people represent what they really mean."

THE ASSOCIATED PRESS

Six ways to stretch your

Efron goes for the thrills

Zac Efron has signed on to appear in an untitled thriller from Mandate Pictures. Little is known about the project other than it's written by Leslie Dixon, who wrote Hairspray. EMPIREONLINE.COM

Completely Gaga

Artist dishes on her oddball persona

Lady Gaga doesn't get why some people don't get her.

"I am so often puzzled (by journalists). Sometimes they go, 'So what's this all about? ... What do you look like when you go home? Do you dress like this all the time?' It's rude! It's not nice," the Pokerface singer laments.

The questions may not be polite, but they are understandable for a woman who arrives for a low-key breakfast interview at a nearly empty hotel restaurant sporting a face full of makeup, two pairs of false eyelashes, a sheer outfit strategically cut to showcase her silk bra, platform pumps and her now-signature hair bow.

It's hard to imagine that she can keep up this act when the spotlight fades away.

But that's the kind of thinking the singer is trying to dispel. She may have been born Stefani Germanotta, but Lady Gaga insists this is no Sasha Fierce act.

"(Lady Gaga) is who I am. Me and my hair bow, we go to bed together. She sleeps where I sleep."
Lady Gaga, who was born Stefani Germanotta

"My realization of Gaga was five years ago, but Gaga's always been who I am," says the 23-year-old, in a soft, girlish voice.

"I don't appreciate when people call me Stefani, because if they don't know me, I feel like it's their way of acting like they do ... they're completely ignoring my creative existence," she says, before adding coyly: "(Lady Gaga) is who I am. Me and my hair bow, we go to bed together. She sleeps where I sleep."

It's that kind of pop philosophy that has helped to make Gaga's music the latest sensation, and a confounding one at that. While she's surpassed the platinum mark with her debut CD, The Fame, thanks to the throbbing disco beats of songs like Pokerface and Just Dance, she has captured the imagination of millions — and left an equal number scratching their heads — with her futuristic outfits, outrageous Gaga-isms (most recent: a suggestion of a foursome with the wholesome Jonas Brothers), and her eye-popping live shows, which are as much art as music performances (she starts a tour with the equally provocative Kanye West in October).

"She offers a degree of mystery that has been pretty rare among pop stars over the past few years," says Brian Hiatt, a Rolling Stone editor who interviewed the star for the cover of the magazine.

"She has a more fully formed artistic persona than we've seen for a while," he adds. "She's this intriguingly odd character."

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Lady Gaga has not only garnered platinum sales with her debut album The Fame, but has also captured the imaginations of millions with her outfits and personality.

Dietrich's letters, notes fetch $4,824

AUCTION A collection of 130 letters and short notes written by the late German actress Marlene Dietrich sold yesterday for 3,000 euros ($4,824 Cdn), an auction house said.

The Berlin-born film legend's husky voice and smouldering eyes seduced audiences for more than four decades in German movies such as The Blue Angel and many American films, including Destry Rides Again with Jimmy Stewart and The Spoilers with John Wayne.

After leaving Germany in the 1930s, Dietrich defied Adolf Hitler's call to return home during the Second World War. She became a U.S. citizen, living abroad in California and Paris until her death in 1992, at the age of 90. The letters were written to Swedish costume designer Max Goldstein.

THE ASSOCIATED PRESS

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Geminis coming to Cowtown

It looks like the Gemini Awards are coming to Calgary. The Academy of Canadian Cinema & Television, which runs the awards that celebrate the best of Canadian television, is hosting a news conference today to make the announcement. THE CANADIAN PRESS

Soprano Brueggergosman recovers from heart surgery

EMERGENCY Acclaimed soprano Measha Brueggergosman is recovering from emergency open-heart surgery.

The Shaw theatre festival, where Brueggergosman is set to perform later this summer, issued a statement about her condition this afternoon.

The festival, based in Niagara-on-the-Lake, Ont., says the singer experienced severe pressure in her throat last week.

She was rushed by ambulance to a Toronto hospital and diagnosed with high blood pressure and hypertension before being released.

But Brueggergosman's chest pains continued the next day and she returned to hospital. Further tests revealed a dissection in her aorta and doctors performed open-heart surgery to repair it.

Measha Brueggergosman

As a result, Brueggergosman cancelled three appearances with the Toronto Symphony Orchestra as well as a performance in Austria. She's scheduled to appear at the Shaw festival in August. THE CANADIAN PRESS

Peace in the Mideast

Comedy key to solution, Seinfeld's George says

Seinfeld star Jason Alexander told a crowd in Jerusalem Wednesday that the search for an Israeli-Palestinian solution and the "show about nothing" that launched him to fame have one thing in common — neither seemed destined to succeed.

But just as the show managed to bounce back with comedy, said the balding actor, a solution might be found for Mideast troubles if people write and laugh with one another.

"We were cancelled, we were gone, we were a distant memory and somehow we came back and eventually everybody caught on and started paying attention," he said. "Other than that, we shed no wisdom."

Alexander, 49, is a creator of Imagine: 2018, a project that asked Israeli and Palestinian high school students to write stories about what the world might look like 10 years down the road if an Israeli-Palestinian peace agreement was signed in 2008.

GETTY IMAGES

Seinfeld alum Jason Alexander says laughter is the best way to heal wounds — especially in the Israeli-Palestinian conflict.

The group collected 50 stories from each side into a book and has made two of the stories into short films.

The project is sponsored by One Voice, a non-profit organization that works to forge connections between Israeli and Palestinian moderates.

Alexander was calm and jovial in an appearance with some of the high school writers and One Voice officials Wednesday — a far cry from the alternately nebbish and erupting George Costanza he played for nine seasons on Seinfeld.

He praised the young writers for bridging the gap between their cultures with comedy, such as a scene from one of the films in which an Israeli soldier and a Palestinian boy point guns at each other with murderous expressions only to laugh and squirt water from the guns a moment later and then to use them as mock cellphones.

"God knows if you can make people laugh, it's the best way to heal wounds," he said. THE ASSOCIATED PRESS

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In brief

AWARDS The Academy Awards are doubling the number of best-picture nominees from five to 10. Academy president Sid Ganis said the decision will open the field up to more worthy films for the top prize. The move, a return to Oscar tradition in the 1930s and '40s, takes effect with next year's Oscars on March 7. Ganis said the board looked at last year's slate of films and decided there was room for more in the top category.

TELEVISION One of the stars of Bravo's television seres Real Housewives of New Jersey' went to court Wednesday to avoid getting a little more exposure than she wanted. A judge granted Danielle Staub's request for a temporary restraining order to stop former boyfriend Stephen Zalewski from releasing a sexually explicit videotape and images of her.

LAWSUIT The View co-host Elisabeth Hasselbeck says a claim that she plagiarized parts of her best-selling diet book is "without merit." Hasselbeck defended her book The G-Free Diet: A Gluten-Free Survival Guide on Wednesday, speaking to the camera briefly just before the first break on the ABC daytime show. Susan Hassett, an author on Cape Cod, alleges in the lawsuit filed in Massachusetts that Hasselbeck lifted content from her book on celiac disease "word for word." It doesn't cite specific examples. THE ASSOCIATED PRESS

TOP EARNER It looks like the global economic downturn isn't bothering Celine Dion. The chanteuse finished just behind Madonna on a list of the top-earning musicians in 2008 compiled by Forbes. Dion earned an estimated $100 million US last year, according to the magazine. THE CANADIAN PRESS

TO 6/25/09

	Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Eco Engineering		The Agenda With Steve Paikin		Life Isn't All Ha Ha Hee Hee		Masterworks		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA)		The Office	The Office	Harper's Island "Splash"		News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	*The Dolphin Dealer* (2008)		Doc Zone (HDTV)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		30 Rock	Scrubs	Friends	30 Rock	Law & Order: UK "Vice"		News (N)
	212	313	8	CTV	etalk	Hollywood	Criminal Minds (HDTV)		So You Think You Can Dance		(10:01) The Listener		News (N)
	218	345	11	E!	The Insider (N)	E! News	How I Met	Jon Kate	True Hollywood Story		The Beast		News (N)
	137	763	13	TFO	Panorama été	Tshinanu	Né dans la neige		*Les Bonnes Femmes* ★★ (1960, Drame)			Folie-aventure	Volt
	-	-	14	-	Raymond	According-Jim	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Smallville "Plastique"		Supernatural (HDTV)		To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	Criminal Minds (HDTV)		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	30 Rock	The Office	The Office	30 Rock	(10:01) The Listener		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Samantha Who	In Motherhood	Grey's Anatomy		(10:02) Private Practice		News (N)
	219	346	20	ACH-B	The Road to Avonlea		Greek "Freshman Daze"		Grey's Anatomy		(10:02) Private Practice		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Bones (HDTV PA)		So You Think You Can Dance		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	My Hero	Doc Martin (Part 2 of 2)		Britography (DVS)		MI-5 "The Sleeper"		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Smallville "Plastique"		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	Phantom	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Smallville
news	502	390	26	NW	CBC News	Marketplace	The Hour		CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		House of Cards				Mad Money
sports	405	417	22	net	PartyPoker.net Irish		UFC: Access	MMA Conn	Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	MLB Baseball Cincinnati Reds at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Departures		Survivorman		Bounty Hunter	Bounty Hunter	Departures
	417	406	81	SC	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pimp My Ride
family	551	542	25	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach (DVS)		Mystery Hnt.
	554	544	45	TEL	Stoked (N)	Stoked (N)	6TEEN	6TEEN	Futurama	*Tank Girl* ★ (1995, Science Fiction) Lori Petty, Ice-T.			
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	The Suite Life
	602	567	27	W	How Clean	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Love It-List It	House
cable variety	570	580	29	MM	One Tree Hill		Degrassi: TNG	Instant Star	Paris Hilton's My New BFF		Video on Trial	MuchNews	Video Awards
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 Serial robber.		Crime 360 "Run & Gun"		Crime 360
	700	800	35	TLN	Centrovetrine	Sky TG 24	Soccer				Raymond	Raymond	George Lopez
	571	581	36	MMM	PunchMuchMoreRetro		MuchMoreMusic Countdown		The Daily Fix		Entourage	Rock Rundown	
	575	583	38	CMT	Shaye: This Is It		Home Improve.	Home Improve.	Live at the Orange Lounge with Keith Urban			Hope & Faith	Tuckerville
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	*Seventeen and Missing* (2007, Drama) Deedee Pfeiffer.				House
	620	523	40	BVO	Mr. Tapwe	Snapshot	Bathroom Divas-Opera Star		*Walk All Over Me* (2007, Crime Drama) Leelee Sobieski.				Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Last 10	Last 10	10 Pounds	Last 10	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	NCIS "Head Case"		Ancient Discoveries		Unlocking the Past		NCIS "Head Case"		Sea Hunters
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedy Now (DVS)		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes in New Orleans		Disaster DIY	Big Amazing	House Hunters	House Hunters	HolmesOrleans
	294	529	47	TBS	MLB Baseball New York Yankees at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Home Videos	Seinfeld	Family Guy
	576	582	49	BET	106 & Park: BET's Top 10 Live		*I Got the Hook-Up* ★ (1998, Comedy) Master P.				College Hill: South Beach		*I Got the Hook*
	627	528	50	SPC	The Listener (N) (DVS)		Star Trek: Voyager		*SS Doomtrooper* (2006, Science Fiction) Corin Nemic.				Stargate SG-1
	581	566	52	MTV	Teen Cribs	After	MTV News	Room Raiders	Canada's Next Top Model		Canada's Next Top Model		MTV Live
	618	524	54	TROP	Traders "Meltdown"		Inside Hollywood (N)		Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie Oliver's Ministry		Ace of Cakes	Ace of Cakes	Boys Weekend
	261	394	60	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Solid Gold Cadillac* ★★★ (1956, Comedy)				Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Paris Hilton's My New BFF		Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Mollie (HDTV)		TVA 22 heures	Sucré-salé	*Meurtre parfait*
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Most Haunted		The Closer "Slippin'"		Passion	Homicide File	Psychic Inv.
	300	601	301	M1	(6:45) *The Perfect Assistant* (2008)			Nurse Jackie	*Ghost Town* ★★★ (2008, Comedy) Ricky Gervais.				Penn & Teller
	305	612	306	PIX	*The Big Slice*	(7:20) *Gunfight in Black Horse Canyon*			*Posse* ★★★ (1993, Western) Mario Van Peebles.				*Trainspotting*

critics'corner

CMT Live at the Orange Lounge with Keith Urban

He's got several tour stops in Canada this fall, but if you can't wait that long, enjoy this concert special that country music's wonder from Down Under taped in Toronto in May. Highlights include a rousing opening rendition of "Days Go By," a haunting acoustic version of "Once in a Lifetime" and a string of songs from his latest album, "Defying Gravity." A sweet thing indeed. 9 PM on CMT

Life Isn't All Ha Ha Hee Hee

Meera Syal stars in this three-part adaptation of her novel about three Indian women in contemporary London. She plays Sunita, once an activist law student, now an unhappily married mother with a dead-end job. Laila Rouass and Ayesha Dharker play her childhood friends, aspiring filmmaker Tania and new bride Chila. While editing video she shot at Chila's wedding, Tania is approached about making a documentary about love and marriage in the Indian community. 9 PM on TVO

HollywoodRants

Steve Gow

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Nick nixes relationship

Nick Lachey and Vanessa Minnillo have called it quits, their reps confirm to people.com. "They have amicably split but remain good friends who still greatly care for one another," Minnillo's rep said of the couple, who began dating in 2006. METRO NEWS SERVICES

Celebrity Buzz

What's life without Brad?

SOULMATES Angelina Jolie admits she couldn't imagine life without Brad Pitt. "I don't like being without him. I don't love being alone any more," she told Britain's OK magazine.

"He's amazing. He's really dedicated father. I feel very blessed that every day I wake up and I live with my favourite people in the world, as well as my best friend."

And then there are the six kids they share. "Of course couple time is important, but we've grown to love the chaos of six kids and the fact that you can never stop being mommy and daddy. Even if we lock our door the children come knocking."

METRO WORLD NEWS

Chris kicks into career-saving mode?

DAMAGE CONTROL Chris Brown won't go to jail for assaulting Rihanna, but the question now is whether his plea-bargained penalty — community labour, probation, domestic violence classes — will reform his behaviour and save his career, people.com reports.

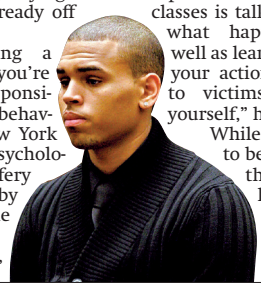
While readers of the magazine and website overwhelmingly said justice wasn't served Monday — when Brown reached a deal with prosecutors in exchange for pleading guilty to felony assault — some experts take a more forgiving view, saying the R&B star is already off to a good start.

"In accepting a plea bargain, you're accepting responsibility for your behaviour," said New York City clinical psychologist Jeffery Gardere. And by taking the court-mandated classes, Brown will be forced to face the issues that led him to become violent in the first place. "Part of those classes is talking about what happened as well as learning what your actions can do to victims and to yourself," he said.

While it remains to be seen how the singer handles his anger, living in the public eye may serve as an extra deterrent. What may be harder for Brown — once known as a good boy — is rehabbing his image.

"A song with the proper lyrics and melody can heal wounds," explained former record label executive Charlie Walk, president and CEO of CWE Media, a multimedia entertainment company. "If he apologizes through song, that may be enough to take him where he needs to go."

METRO NEWS SERVICES



Jarret calls the whole thing off

HEARTBREAK Model Rachel Hunter has split from her ice hockey player fiancé Jarret Stoll, the U.K.'s Daily Mail reports. Ostensibly, Stoll ended the relationship in person — but the would-be groom informed wedding guests via email, popeater.com reports.

Stoll, 27, apparently did not provide a reason for the cancellation to the guests — or the bride. A friend of the model told The Sun, "She is absolutely devastated. Everything was in place for their wedding — she had the venue, the designer dress, the guest list.

"She has absolutely no idea why Jarret has done this. It sounds like it could be a classic case of cold feet. He is a fair bit younger than her."

Stoll, who is 12 years Hunter's junior, proposed to Hunter last year after they'd been dating for two years. The wedding was planned for August 2009. A friend of Hunter tells the Daily Mail that Hunter's ex-husband Rod Stewart has been comforting the model.

METRO NEWS SERVICES

Robert sends NYC into a frenzy

HEARTTHROB By day, Robert Pattinson makes the hearts of New York City women flutter around the city when he films his latest movie, the romantic drama Remember Me.

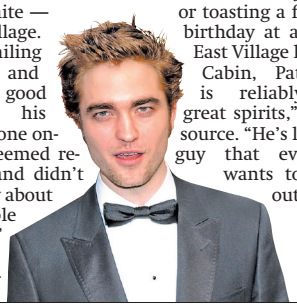
And after dark? The Twilight heartthrob heats up Manhattan's nightlife in a hoodie that hides his signature floppy hair, people.com reports.

Pattinson, 23, has been hitting the hotspots — including his favourite bar, Black and White — in the East Village.

"He was smiling and laughing and just having a good time with his friends," said one onlooker. "He seemed really relaxed and didn't seem to worry about the people around him."

Whether it's over dinner at the Bowery Hotel or toasting a friend's birthday at another East Village lounge, Cabin, Pattinson is reliably "in great spirits," said a source. "He's like the guy that everyone wants to hang out with."

METRO NEWS SERVICES

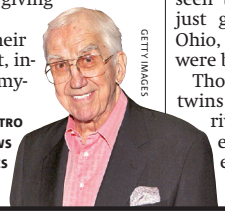


Brit mourns Ed

DEATH Britney Spears is mourning the death of Ed McMahon, who died Tuesday at age 86, usmagazine.com reports.

Spears, who appeared on McMahon's show Star Search at the age of 10 in 1992, Tweeted: "I am deeply saddened by today's news about Ed McMahon ... He is responsible for giving so many artists their first shot, including myself."

METRO NEWS SERVICES



GETTY IMAGES

Matthew is one happy dad

NEWBORNS Leaving the stage door late Tuesday night, after his performance in Broadway's The Philanthropist, Matthew Broderick told People about the birth of his and Sarah Jessica Parker's twins: "I'm very happy. I don't know what else to say."

He added, "I've seen them already. I just got back" from Ohio, where the girls were born Monday.

Though the twins arrived earlier than their mid-summer due date, their parents were well prepared for their arrival. The couple has been readying the nursery for their new daughters, Marion Loretta Elwell and Tabitha Hodge Broderick. They recently cleaned house at their West Village brownstone, removing boxes filled with dishes, photos and musical equipment to make room for their expanding brood.

METRO NEWS SERVICES

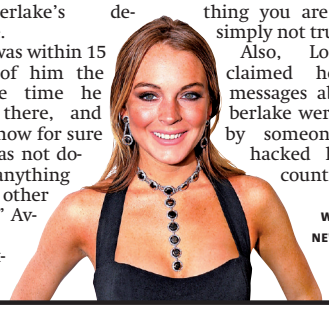
Club owner slams LiLo

JT'S ALIBI Lindsay Lohan's alleged gossip about Justin Timberlake chatting up someone who wasn't his girlfriend at a club was apparently enough to get the club's owner to come to Timberlake's defence.

"I was within 15 feet of him the whole time he was there, and we know for sure he was not doing anything with other girls," Avenue nightclub owner Noah Tepperberg told Page Six. "He was having a good time with the guys, and came and left with them. I have surveillance cameras that show this to be the case and anything you are hearing is simply not true."

Also, Lohan later claimed her Twitter messages about Timberlake were written by someone who hacked her account.

METRO WORLD NEWS

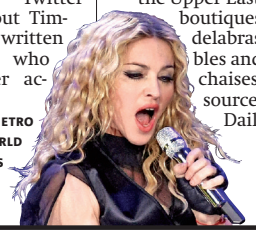


Madge pining for Ashcombe

NOSTALGIA Madonna apparently misses Ashcombe, her English country estate, so much that she's reportedly sparing no cost to make over her New York City home in its image — room by room.

"She has ordered flunkies to go out and troll the Upper East Side boutiques for candelabras, side tables and period chaises," a source told the Daily Mirror.

METRO WORLD NEWS



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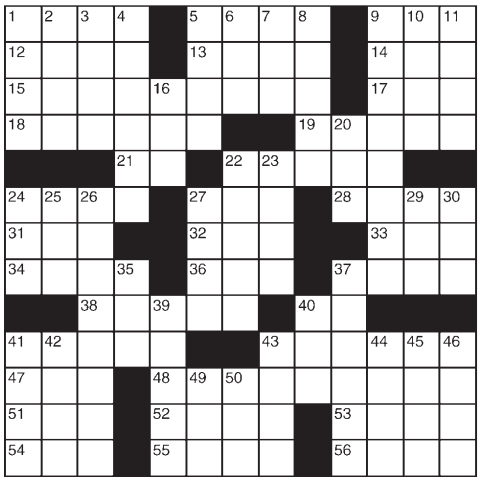

Crossword across

1 Serve tea
5 Nibble away at
9 Once around the track
12 Teensy bit
13 Easy gait
14 Swelling aid
15 Trattoria order
17 Support system?
18 Off the boat
19 Harder to find
21 Celeb-oriented magazine
22 Tin star
24 Datum
27 Solidify
28 Elevator name
31 Conceit
32 Adaptable truck
33 Astaire specialty
34 Make one's way
36 Foolhardy goddess
37 Peru's capital
38 Manhattan Project scientist
40 Lindbergh book
41 Musical show
43 Piece maker?
47 Cistern
48 Lucia di Lammermoor composer
51 Performance
52 First victim
53 Midday
54 Muumuu accessory
55 Mob scene
56 Woman of the knight?

Crossword down

1 Tower city
2 "My bad"
3 Hexagonal state
4 Mixture
5 Merriment
6 "To be or — ..."
7 Likely
8 Odd
9 Musical texts
10 Farm fraction
11 Bartlett, for one
16 Day pts.
20 Past
22 Playwright Ugo
23 Sheltered
24 A mere handful
25 Census statistic
26 New Year's Eve mess
27 "Where America's Day Begins"
29 "How Dry —"
30 Resort
35 Aachen article
37 Myth
39 Speeder's worry
40 Oz VIP
41 Elliptical
42 Wear a rut in the rug
43 Leave at the altar
44 Old portico
45 Bit for 38-Across
46 Sommelier's suggestion
49 Kimono closer
50 Ultramodernist

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2	3						5	4
		1	4		6	7		
6								1
		6	7		3	4		
9								5
		4	2		1	9		
3								8
		2	5		8	3		
1	7						6	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	9	2	1	4	7	8	3	6
4	1	6	3	9	8	7	5	2
7	3	8	6	5	2	1	4	9
3	6	5	4	8	1	9	2	7
1	7	9	2	3	5	4	6	8
8	2	4	7	6	9	5	1	3
9	5	3	8	2	4	6	7	1
2	4	1	9	7	6	3	8	5
6	8	7	5	1	3	2	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Pork Burgers with Guacamole

INGREDIENTS:
3 tbsp (45 ml) canola oil
2 cloves garlic
1 small onion
2 fresh red or green chili peppers
1 tsp (5 ml) ground coriander
1 tsp (5 ml) ground cumin
Small bunch of cilantro
1 lb (450 g) ground pork
1 small egg
Salt and black pepper
1 lemon or lime
1 large avocado

METHOD:
1. Heat 1 tbsp (15 ml) canola oil in small frying pan. Peel and crush 1 clove of garlic, peel and finely chop onion, add to pan and fry until soft.
2. Rinse and finely chop fresh chili peppers, including seeds. Set half aside for guacamole and add remainder to onion. Stir in spices and fry gently 3 minutes, or until mixture is soft but not browned.
3. Rinse, dry and roughly chop enough cilantro leaves to give 2 tbsp (25 ml) and add half to reserved chili peppers. Put rest of chopped coriander into large bowl and add fried onion mixture, pork, egg, salt and pepper. Wash wax from lemon or lime, finely grate rind into bowl and stir mixture, which should be slightly soft.
4. Heat remaining oil in large frying pan. Divide mixture into four and pat each piece into fairly flat burger. Fry over moderate heat 5–6 minutes per side, until cooked through.
5. For guacamole, squeeze juice from half lemon or lime and put into bowl with reserved chili peppers. Peel remaining garlic clove and crush into bowl. Halve and pit avocado, and scoop flesh into bowl. Season, then mash together well.
6. Drain burgers on paper towels and serve with guacamole and corn chips or soft tortillas.

SERVES 4

rd.ca

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
You'll feel a lump in your throat when you hear a hard luck story today. Being an Aries, you'll also want to do something practical to help.

TAURUS ♉
APRIL 21-MAY 21
Your smooth-talking ways will come to your rescue today, especially on the work front where you may have to say nice things to stay on good terms.

GEMINI ♊
MAY 22-JUNE 21
You may be a fun-loving type but if you get carried away in the next few days the bill may be bigger than expected. Make sure others pay their share.

CANCER ♋
JUNE 22-JULY 22
Someone seems to think they can tell you what to do, but you have no intention of dancing to their tune like a puppet. Cut the ties and set yourself free.

LEO ♌
JULY 23-AUG 23
You enjoy being the centre of attention, but you won't be in the mood for socializing today. You don't have to make an effort if you don't really want to.

VIRGO ♍
AUG 24-SEPT 22
Someone will try to embarrass you today but they'll only succeed if you allow yourself to feel guilty about what you have done.

LIBRA ♎
SEPT 23-OCT 23
Your efforts in the next few days will bring amazing results — just don't worry you can't live up to others' expectations. You'll surpass them.

SCORPIO ♏
OCT 24-NOV 22
A positive attitude will bring positive results today. A trip outside your usual neighbourhood will open your mind and could even bring romance.

SAGITTARIUS ♐
NOV 23-DEC 21
Few things happen that are not part of a wider plan. If you can internalize that thought you will never again worry about minor setbacks.

CAPRICORN ♑
DEC 22-JAN 20
What pleases the love of your life pleases you too, but don't let that blind you to the fact that not all your needs and desires coincide.

AQUARIUS ♒
JAN 21-FEB 18
You'd do anything for anyone, loved one or stranger, but that can make you a target for less honest types. Don't let them exploit you.

PISCES ♓
FEB 19-MARCH 20
The sun in Cancer at this time of year makes all things possible, so why are you trying to go back and change outcomes that have already occurred?

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CORNWALL
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KESWICK
Glenwoods Centre
KINGSTON
Cataraqui Town Centre
Kingston Centre
Taylor Kidd Marketplace
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Highland Hills Mall
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County Fair Mall
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Whitney Town Centre
LONDON
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Masonville Place
Westmount Shopping Centre
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MARKHAM
7357 Woodbine Ave.
8392 Kennedy Rd.
Cachet Village Market Village
Markville Shopping Centre
Pacific Mall
RioCan Marketplace
MIDLAND
Mountainview Mall
MILTON
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6965 Davand Dr.
Central Parkway Mall
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Time Square Shopping Centre
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Lambton Mall
SAULT STE.MARIE
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Station Mall
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Cedarbrae Mall (kiosk)
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Kennedy Commons
Malvern Town Centre
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Scarborough Town Centre
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